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NAVAL MILITARY PERSONNEL COMMAND

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HEALTH FAIR RESOURCE GUIDE

FITNESS FOR LIFE
Health and Physical Readiness Program
U.S. NAVY

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DEPARTMENT OF DEFENSE
UNITED STATES OF AMERICA

DEPARTMENT OF THE NAVY
NAVAL MILITARY PERSONNEL COMMAND
WASHINGTON, D.C. 20370

IN REPLY REFER TO
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31 January 1986

From: Commander, Naval Military Personnel Command
To: Distribution

Subj: HEALTH FAIR RESOURCE GUIDE

Encl: (1) Health Fair Resource Guide

1. I am forwarding this resource guide to assist you in coordinating a "Fitness for Life" fair. Area coordinators may use this guide to plan and implement their health fairs.

2. Included is information on how to obtain materials in nutrition, weight control, exercise, substance/alcohol abuse, and other health risks. This material is in the form of publications, audiovisual aids, computer software and posters. The health organizations available to assist your efforts are also listed. I have included comments received from last years "Fitness for Life" fairs.

3. Carefully review these materials and use them to launch your health fair. I hope that you will find them useful for conducting a fair and educating our Navy family on the essential nature of a fit and healthy lifestyle.

J. Samuel Yow
J. SAMUEL YOW
By direction

Distribution:
SNDL Parts 1 and 2 (less Marine Corps field addressees not having Navy personnel attached)

READEX
FICHE

FOR COORDINATORS OF A HEALTH FAIR

THIS GUIDE IS INTENDED TO ACQUAINT YOU WITH AVAILABLE RESOURCES IN HEALTH PROMOTION AND ASSIST COMMANDS IN:

- SETTING UP "FITNESS FOR LIFE" HEALTH FAIRS
- OBTAINING EDUCATIONAL AND OTHER RESOURCE MATERIALS
- SECURING THE SERVICES OF NAVY AND OUTSIDE COMMUNITY HEALTH RESOURCES

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I. HOW TO SET-UP A HEALTH FAIR

INTRODUCTION

"Fitness for Life" is the theme of the Health and Physical Readiness Program. Navy fairs organized as part of the CNO's Youth Health and Fitness Initiative will also emphasize this theme.

Health Fairs are intended to acquaint Navy members, their dependents and civilians with ways to reduce health risks and adopt an overall healthy lifestyle.

This guide is intended to help answer some of the questions that may arise when planning a health fair. Some of the questions are:

- What is the purpose of a Health Fair?
- What are the components?
- Who should attend the Health Fair?
- Who should help in the planning of a Health Fair?
- What Navy and outside community health resources are available?
- Where should the health fair be held?
- When should the health fair be held?
- What publicity is required?
- What provisions will be made for referral to medical services, if needed?
- What follow-up should occur after the fair?

PURPOSE

Health fairs are activities which provide health information and education to individuals and their families to help them make choices necessary for a healthier lifestyle.

Health Fairs also promote health awareness and self assessment through activities, materials and demonstrations. They refer participants to health care sources for re-evaluation if necessary and they assure and encourage participants to continue good health practices.

COMPONENTS

The theme of the Health Fair, "Fitness for Life," should include but not be limited to the following components:

- exercise and physical fitness
- high blood pressure control
- smoking cessation
- prevention of drug & alcohol abuse
- stress management
- weight control and nutrition
- prevention of lifestyle-related accidents

TARGET GROUPS

Health Fairs are encouraged for everyone.

Our main focus is active duty military, their dependents and civilians with a particular emphasis on youth fitness.

ADVISORY COMMITTEE

A health fair advisory committee is a working group that is formed to brainstorm, develop a plan (POA&M) and take responsibilities for specific tasks in implementing the fair.

Your committee may include, but doesn't have to be limited to the following:

- o other command fitness coordinators (CFCs)
- o individuals with expertise in health and fitness especially representatives from your local medical command such as nurses, nutritionists, etc.
- o a prominent individual from the command, and/or community or a local fitness celebrity who can provide a role model and promote the fair.
- o representatives from Navy organizations (e.g., Family Service Center, Wives Club, Recreation and Welfare....)
- o representatives from outside community organizations and groups - primarily local voluntary affiliates of: (American Heart Association, American Lung Association, American Red Cross, National Health Screening Council....)

The Health Fair Advisory Committee should accomplish the following:

- set goals/objectives for the health fair
- identify primary and other health and fitness components to be included, e.g., CPR, healthy back
- make lists of command and outside community health and fitness resources (services, personnel, facilities, etc.)
- develop a health promotion/publicity campaign strategy
- obtain consensus on an overall approach for organizing the health fair, choice of site, selection of Navy and outside community health resources or services.
- develop a preliminary POA&M including identification of specific tasks and committee member assignments with specific due dates.

HEALTH PROMOTION RESOURCES

The "Fitness for Life" health fair is intended to encourage healthier lifestyles among participants through health education. This goal along with the health fair components listed earlier will assist you in determining the kind of Navy and outside community health resources needed for the fair.

Navy and outside communtiy organizations may offer health promotion services and be willing to provide volunteers, a display booth, educational materials, demonstrations or guest speakers as part of their services. Depending on the service(s) requested some groups may require a fee, while others may not. When citing an outside organization in print material include a disclaimer that cites that their participation in the health fair does not indicate Navy's endorsement of the organization.

Be sure to contact these organizations early so as to acquaint them with the purpose of the health fair, its components and your specific needs. In addition, it will be important for you to gather information about their services and make preliminary arrangements.

Some examples of voluntary organizations are:

- American Heart Association (local chapter)
- American Lung Association (local chapter)
- American Red Cross (local chapter)
- American Cancer Society (local chapter)
- State Health Departments
- YMCA/YWCA

- National Dairy Council (local chapter)
- National Association for Children of Alcoholics
  Mothers Against Drunk Drivers
- Alcoholics Anonymous (local chapter)
- Narcotics Anonymous (local chapter)
- and Colleges/Universities that have health promotion courses.

The following matrix will be helpful in your efforts to determine what health promotion services are available from Navy and outside community organizations. Write the particular organization's name above the column labeled AV-OTHER. Then fill in the boxes with information pertinent to each organization as follows:

AV - audiovisual
ED MATL - educational materials
INST - instruction/classes
DEMO - demonstrations/booths/displays
SCRN - screening (high blood pressure & weight)
SPKR - speakers
VOL - volunteers

This matrix will not only guide your selection of Navy and outside community resources, but it will also serve to assist you in keeping track of your working relationship with the organizations.

RECRUIT VOLUNTEERS

Volunteers are a valuable resource in implementing a health fair. Recruiting volunteers should be one of your first tasks. Recruiting can be accomplished while publicizing the health fair.

To help with the recruiting of volunteers you will need to:

Organizations →	AV	ED MATL	INST	DEMO	SCRN	SPKR	VOL	COST	OTHER	AV	ED MATL	INST	DEMO	SCRN	SPKR	VOL	COST	OTHER	AV	ED MATL	INST	DEMO	SCRN	SPKR	VOL	COST	OTHER
SMOKING																											
WEIGHT CONTROL																											
NUTRITION																											
PREVENTION OF DRUG ABUSE																											
PREVENTION OF ALCOHOL ABUSE																											
HIGH BLOOD PRESSURE																											
EXERCISE																											
STRESS MANAGEMENT																											
PREVENTION OF LIFE STYLE RELATED ACCIDENTS																											

- contact potential participating organizations for volunteers (re: local chapter of - American Heart Association, American Cancer Society, etc.)
- develop fliers, sign-up sheets to post in exchanges, commissaries, recreation centers, community hospitals, etc..
- identify kind and number of volunteers needed
- advertise in your Plan of the Day, Public Service Announcements, base and community newspapers, radio, etc..
- plan an orientation meeting

You will need enough volunteers to do:

- pre-fair preparation
- fair day preparation....operate exhibits, lunch relief, traffic control, set-up, clean-up, operate equipment

Specialized volunteers will be needed for:

- blood pressure screenings
- weight measurements
- nutrition counseling

When volunteers are designated by division or command (in addition to members who sign-up) use a quota system to allow fair recruitments.

LOCATION

When choosing a site for the fair you should consider the following:

- accessibility for participants

- size - capacity to accommodate a number of health and fitness exhibits and/or demonstrations
- parking facilities
- transportation
- electrical requirements
- lighting
- storage availability & security for stored items
- rain date and place
- availability for proposed fair dates
- storage capacity
- security

TIME

May has been chosen because it is nationally observed as National High Blood Pressure Month and National Physical Fitness and Sports for All Month.

Your community may also be hosting its own health fair in April or May. If so, you may participate in the community effort and provide members of the command the opportunity to participate in the fair. In either case, arrange to have family members and youngsters involved. A major portion of this health fair should emphasize youth fitness.

Allow adequate time for fair events. Fun runs, speakers, demonstrations, etc., should be timed to allow maximum participation of members and their families.

PUBLICITY

A well coordinated effort to promote and publicize the health fair will be the key to its success.

Radio, TV, posters, flyers and newspapers are all important in your efforts to make the command aware of the health fair. Start early by compiling a roster of local media, making note of contact persons, addresses, phone numbers, deadlines for announcements, restrictions on length, etc. Don't forget NAVY TIMES, NAVY NEWS, and base newspapers/newsletters.

Your press releases should be prepared will ahead of time and released to give maximum coverage. Everything you send out should include the theme of the health fair, a very concise statement of what it is about, date, time, rain date, and location. Check with the local public affairs office for more guidance.

If the fair offers health screening, do not use the term "MEDICAL EXAM" or "PHYSICAL EXAM" in any advertising or announcements.

HEALTH SCREENING FOLLOW-UP

Should an actual or potential health problem be noticed as a result of health fair screening activities, the first step is to determine whether the individual in question is eligible for treatment at military medical facilities, if not, they should be referred to their local physician.

If eligible, they should be referred to the military medical facility from which they usually obtain care. Contact the military medical facility nearest your activity before the health fair to determine the precise clinic to which persons should be referred for such problems as high blood pressure or obesity.

To maximize your follow-up efforts, make a list of the individuals and their telephone numbers that you refer to medical commands or other facilities. Call these individuals four-six weeks after the fair to see if they have seen a physician or other health care professional and to encourage them in their pursuit of health and fitness.

WRAP-UP

Good planning should include advance thinking about "wrapping-up." You should record activities of the fair, obtain feedback from participants concerning the educational value of the fair and from volunteers and the Advisory Committee concerning the usefulness of planning and on site implementation activities. This information can be beneficial in planning future health fairs.

Some of the tasks you should keep in mind are:

- A clean-up plan should be organized to divide up responsibilities, e.g., to return borrowed equipment, to clean-up the fair site itself, and store those items that can be used in the next health fair.
- A press release should be written to report the results of the fair, and to thank participants for their involvement.
- A list of all organizations and their point of contact should be recorded for future use.
- Thank you notes should be sent to all volunteers, so

be sure to have correct spelling of volunteer names, social security numbers, addresses, etc..

PLANNING GUIDE FOR SPONSORING A HEALTH FAIR

2-4 MONTHS IN ADVANCE

- IDENTIFY OVERALL COORDINATOR
- DEVELOP POA&M INCLUDING PROPOSED MEETINGS
- DESIGN THEME AND ACTIVITIES
- DETERMINE AND ASSIGN ROLES AND RESPONSIBILITIES OF MAJOR SPONSORS
- IDENTIFY COORDINATORS FOR THE FOLLOWING AREAS:
  - RECRUITING VOLUNTEERS
  - SITE/LOCATION SELECTION
  - FOLLOW-UP
  - PUBLICITY
  - EDUCATION & TRAINING
  - PRINTING
  - DATE SELECTION
  - TRANSPORTATION
- IDENTIFY VOLUNTEER HEALTH PROMOTION RESOURCES WITHIN NAVY AND THE COMMUNITY
- IDENTIFY EQUIPMENT RESOURCES
- START RECRUITING VOLUNTEERS

2-3 MONTHS IN ADVANCE

- FINALIZE SITE SELECTION AND DATE
- SCHEDULE TRAINING DATES FOR VOLUNTEERS
- PREPARE PRESS RELEASES
- IDENTIFY TRANSPORTATION NEEDS

- ESTIMATE PRINTING COSTS
- IDENTIFY HEALTH PROMOTION RESOURCES FOR LUNCHES, SNACKS, ETC.
- SEND OUT INVITATIONS
- UPDATE POA&M

2 MONTHS IN ADVANCE

- CONFIRM ALL DATES, PLACES AND EQUIPMENT
- FORWARD PREPARED PRESS RELEASE TO PUBLIC AFFAIRS OFFICE
- PREPARE ADDITIONAL POSTERS, SIGNS AND MAPS FOR THE FAIR
- PREPARE BUDGET AND BEGIN TAPPING SOURCES FOR FINANCIAL SUPPORT
- DESIGN AND PRINT FLIERS
- DEVELOP FLOOR PLAN

1 MONTH IN ADVANCE

- CONFIRM VOLUNTEERS AND THEIR SCHEDULES
- FINALIZE FLOOR PLAN
- FINALIZE LOGISTICAL ARRANGEMENTS FOR THE SITE (RE: SECURITY, EMERGENCY MEDICAL SERVICES)
- REPRODUCE TRAINING MATERIAL FOR VOLUNTEERS
- FINALIZE EXHIBITS, ACTIVITIES, DEMONSTRATIONS, ETC.

1-2 WEEKS BEFORE THE FAIR

- HAVE BIG PUBLICITY PUSH (PRESS RELEASES, TV AND RADIO COVERAGE ETC.)
- HOLD ORIENTATION FOR ALL VOLUNTEERS
- FINALIZE OPENING CEREMONIES

- FINALIZE SCHEDULE OF VOLUNTEERS FOR THE FAIR

DAY BEFORE THE FAIR

- SET-UP FAIR SITE

DAY OF THE FAIR

- KEEP TRACK OF NUMBER OF PARTICIPANTS
- ROTATE VOLUNTEERS

DAY AFTER THE FAIR

- CLEAN-UP FAIR SITE
- RETURN ALL BORROWED EQUIPMENT

AFTER THE FAIR

- RECOGNIZE ALL VOLUNTEERS AND PARTICIPATING ORGANIZATIONS
- PREPARE AFTER FAIR REPORT

SUMMARY OF 1985 HEALTH FAIRS

- MANY COMMANDS EXPANDED THEIR INTRAMURAL SPORTS PROGRAMS AND OTHER ONGOING ACTIVITIES RATHER THAN IMPLEMENTING NEW INITIATIVES

- COMMANDS ENJOYED THE MOST SUCCESS WHERE COMMAND FITNESS COORDINATORS PLAYED KEY ROLES IN PLANNING

- MANY COMMANDS USED CIVILIAN AGENCIES, MEDICAL, PAO, ETC. TO ASSIST THEIR EFFORTS

- THE FOLLOWING IS A LIST OF PUBLICITY, PLATFORMS, EXHIBITORS, SPORTING EVENTS, AND SPECIAL EVENTS REPORTED BY COMMANDS:

PUBLICITY

PLAN OF THE WEEK
PLAN OF THE DAY
BASE NEWSPAPER
BASE NEWSLETTER
MWR NEWSGRAM
STAFF MEETINGS
DEPARTMENT HEAD MEETINGS
DIVISION OFFICER MEETINGS
QUARTERS
FLYERS/POSTERS
BROCHURES
BANNERS
LIGHTED MARQUEE
NAVY BROADCASTING TV/RADIO
PUBLIC SERVICE ANNOUNCEMENTS
LOCAL MEDIA
HEALTH SPOT COMMERCIALS

EXHIBITS

LOCAL ASSOCIATION DISPLAYS

AMERICAN CANCER SOCIETY
AMERICAN HEART ASSOCIATION
AMERICAN LUNG ASSOCIATION
ARTHRITIS FOUNDATION
MARCH OF DIMES
AMERICAN RED CROSS
WEIGHT WATCHERS
OVEREATERS ANONYMOUS
AMERICAN DIABETES ASSOCIATION
DAIRY COUNCIL
COUNTY/STATE HEALTH DEPARTMENT
EASTER SEALS
YMCA, YWCA

HEALTH DISPLAYS	SPONSOR
HEALTH RISK APPRAISAL QUESTIONNAIRES	MEDICAL
CARDIOVASCULAR FITNESS	MEDICAL
WEIGHT MANAGEMENT	MEDICAL
DENTAL	MEDICAL
RADIOLOGY	MEDICAL
POISON TREATMENT AND SEXUALLY TRANSMITTED DISEASE	MEDICAL
EYE, EAR, AND HEART ANATOMY	MEDICAL
PREVENTION OF BLINDNESS	MEDICAL
ORGAN DONATION	MEDICAL
AMBULANCE AND FIRST AID DEMO	MEDICAL
WELL-BABY CARE/PEDIATRICS	MEDICAL
OCCUPATIONAL HEALTH	MEDICAL
PHARMACEUTICAL INFO	MEDICAL
CHAMPUS	MEDICAL
PULMONARY FUNCTION	MEDICAL
STRETCHES AND THEIR USE	MEDICAL
CHILDREN'S SURGICAL AWARENESS TEAM	MEDICAL
DIABETES	MEDICAL
BLOOD TYPING	MEDICAL
BREAST EXAM	MEDICAL
GLAUCOMA, VISUAL ACUITY	MEDICAL
AUDIOLOGY TESTING	MEDICAL
PERCENT BODY FAT	MEDICAL
BLOOD PRESSURE	MEDICAL, AMERICAN HEART ASSOCIATION
SMOKING CESSATION	MEDICAL, AMERICAN LUNG ASSOCIATION, AMERICAN CANCER SOCIETY
CPR	MEDICAL, AMERICAN HEART ASSOCIATION
NUTRITION AND EXERCISE	MEDICAL, AMERICAN HEART ASSOCIATION, SPECIAL SERVICES
PHYSICAL EXERCISE	MEDICAL, SPECIAL SERVICES
SPORTS MEDICINE	MEDICAL, SPECIAL SERVICES
RUNNING/JOGGING	MEDICAL, SPECIAL SERVICES
INDIVIDUAL FITNESS CHALLENGE	MEDICAL, SPECIAL SERVICES
STRESS WORKSHOPS	MEDICAL, FAMILY SERVICE CENTERS
CHILD/PARENT INFO	MEDICAL, FAMILY SERVICE CENTER
STRESS MANAGEMENT EDUCATION	MEDICAL, YMCA
HEALTH FOODS	MEDICAL, COMPANIES

ALCOHOL/DRUG ABUSE	MEDICAL, CAAC's
MENTAL HEALTH COUNSELING	MENTAL HEALTH CLINIC
CANCER DISPLAY	AMERICAN CANCER SOCIETY
SKIN CANCER	AMERICAN CANCER SOCIETY
OUTDOOR RECREATION	SPECIAL SERVICES
LEISURE ACTIVITY DISPLAY	SPECIAL SERVICES
GOLF	SPECIAL SERVICES
TENNIS/RACQUETBALL	SPECIAL SERVICES
SCUBA DIVING	SPECIAL SERVICES
SURF SKIING	SPECIAL SERVICES
WALLEYBALL (VOLLEYBALL PLAYED ON RACQUETBALL COURT)	SPECIAL SERVICES
PARKS AND RECREATION	SPECIAL SERVICES, LOCAL PARKS AND RECREATION
WEIGHT LIFTING, BODY BUILDING	SPECIAL SERVICES, HEALTH CLUBS, INSTRUCTORS
BICYCLING FOR HEALTH AND FITNESS	SPECIAL SERVICES, LOCAL CLUB
PHYSICAL CONDITIONING	FITNESS CENTERS
FITNESS GYMS	FITNESS COMPANIES
DESK EXERCISES	INSTRUCTORS
FITNESS COMPUTERS	COMPANIES
WEIGHT WATCHERS	WEIGHT WATCHERS
OVEREATERS ANONYM0US	OVEREATERS ANONYMOUS
FAMILY SERVICES	FAMILY SERVICE CENTERS
FINGERPRINTING CHILDREN	POLICE DEPARTMENT
BREATHALIZER DEMO	POLICE DEPT, MAA
BOATING SAFETY	COAST GUARD
FIRE SAFETY	FIRE DEPARTMENT
SEAT BELT CAR CRASH	SAFETY DEPARTMENT

SPORTING EVENTS

FUN RUNS
24 HOUR MARATHON RELAY
TRIATHLON
YOUTH FUN RUN/WALK
RELAY RACE
VOLLEYBALL TOURNAMENT
GOLF TOURNAMENT
HOME RUN DERBY
BOWL FOR HEALTH
SUPER SILLY SPORTS
BASKETBALL FREE THROW
SIT-UP COMPETITION
TABLE TENNIS
DANCE-A-THON
BICYCLE RODEO
ROLLER SKATING
YOUTH AEROBICS
JAZZERCISE

EVENTS AND PRIZES

TEE-SHIRTS SOLD WITH SPECIAL LOGOS PERMITTING ANYONE WEARING ONE TO BOWL, PLAY GOLF, SWIM, ETC, FOR FREE

PLAQUES, JACKETS, PATCHES, PINS, TROPHIES, LETTERS OF RECOGNITION

CELEBRITY APPEARANCES

FUNDED MAJOR PRIZES:
- WEEKEND FOR TWO AT HOTEL RESORT AND HEALTH SPA
- DOUBLE ARM ROWING MACHINE
- 10 SPEED BICYCLE

MWR DISCOUNT AT GEAR ISSUE PRICES

DUNKING BOOTH

HEALTH FOOD BAKING CONTEST

SPECIAL AWARDS TO INDIVIDUALS, CHILDREN, SENIOR CITIZENS, FAMILIES, GROUPS, COMMANDS

GUIDE TO ASSESSING COMMUNITY RESOURCES

INTRODUCTION

An assessment of Navy and civilian resources is an important step in developing a command health and physical fitness program. A combination of both types of resources may be necessary to meet the needs of command personnel. In the civilian community, there are a wide range of federal, state and local agencies, as well as commercial and non-profit groups, which provide health and physical fitness services. This guide has been prepared to assist CFCs in choosing community services which will meet command needs and achieve results.

TYPES OF SERVICES AVAILABLE

There are a broad range of health-related services which are available from community groups. These include:

- Screening (Blood Pressure and Others)/Health Risk Appraisal
- Hypertension and Diabetic Control
- Exercise/Fitness
- Stress Management
- Self-Help/Social Support Groups
- Weight Control/Nutrition
- Alcohol and Drug Abuse Prevention
- Accident Prevention
- CPR
- Breast Self-Exam/Cancer Education
- Medical Self-Care

SOME GOOD RESOURCES TO LOOK INTO

Outside services will vary greatly in their cost to the command and/or its members. The following groups/organizations offer some health and physical fitness services at either no cost or at a minimum charge.

- American Red Cross
- American Heart Association
- American Lung Association
- American Cancer Society
- National Cancer Institute
- National Heart, Lung and Blood Institute
- Mental Health Associations
- Local Health Departments

QUESTIONS TO ASK ABOUT SERVICES

In deciding whether a particular service will be an asset to your command HPR program, consider the following questions:

1. What is the purpose of the service or program? Is it awareness, education, or behavior change? How is the purpose related to your objectives?
2. How will the service be evaluated?
3. Can the providers of the service offer programs on a regular basis for six months to three years? If not, will they train command personnel to deliver the service? At what cost?
4. What is the level of experience and training of the agency personnel?
5. Can you observe their services elsewhere in order to preview their skills in much the same way you would preview a film?
6. Can they offer services before and after work and during lunch hours?
7. What volume of participation can they handle at any given time?
8. Are their programs designed to change established health habits?
9. Are their educational materials available to you separate from program implementation?

10. Do they supply the educational materials? If so, at what cost?

11. How reliable are they? (Obtain names of other groups/organizations to determine the vendor's track record with them.)

12. How much control over the program implementation decisions do you have, want, and need?

13. How is their cost determined--by the hour, by the day, per person? Is preparation time also charged for?

14. Does their contract include administrative overhead? If so, how much?

15. How will the confidentiality issue be handled?

EVALUATION

Other than a clear set of objectives, evaluation is the most important part of a health fitness program. Knowing whether a specific service helps people make behavioral changes and maintain them over time enables a command to select services which produce results.

Commands can conduct their own evaluation of services, enlist the support of Navy resources which address this function, or contract with an outside resource. Regardless of who conducts the evaluation, it should be accessible to the command, and the results should be useful for determining the selection of specific services as well as overall program planning.

If an outside resource is being used to design all or part of an evaluation strategy, its past evaluation reports should be checked carefully. Some of the questions that need to be asked are:

- What do they believe the evaluation should consist of? Process or outcomes? How do they measure costs?
- What have their past results shown regarding success rates, and what were the measurement periods?

- How much does the evaluation cost? Is it being added on to their orginal costs?
- Who performs the data analysis? Who writes the final report? Do you have access to the data?
- What importance do they attach to evaluation as part of their service? (If it's not important to them, you might want to use another resource.)
- Will they allow you to use your command's evaluation techniques--or do they want only their own used?

CONCLUSIONS

Using community resources is a good way to provide essential services or augment a health and physical fitness program. However, it is not a simple procedure. You must first know what you want to accomplish. You must then select services carefully and monitor their results.

Adapted from Parkinson, Rebecca et al., Managing Health Promotion Programs in the Workplace: Guidelines for Implementation and Evaluation, Palo Alto, CA, Mayfield Publishing Company, 1982

WASHINGTON DC 20301

15 SEP 1983

MEMORANDUM FOR SECRETARIES OF THE MILITARY DEPARTMENTS
CHAIRMAN OF THE JOINT CHIEFS OF STAFF
UNDER SECRETARIES OF DEFENSE
ASSISTANT SECRETARIES OF DEFENSE
GENERAL COUNSEL
INSPECTOR GENERAL
ASSISTANTS TO THE SECRETARY OF DEFENSE
DIRECTORS OF THE DEFENSE AGENCIES

SUBJECT: Endorsement of Unofficial Programs

By virtue of the position that most senior DoD officials hold, they often receive requests from charitable or other worthy organizations to use their names and titles in conjunction with benefits or similar fund-raising functions. This frequently is in the form of a request to include one's name as a member of an "honorary committee." While this normally does not require direct involvement with the particular function, it may give the appearance of DoD sanction to the occasion. A summary of the applicable rules may be helpful to avoid misunderstanding and embarrassment.

The basic guidance on Executive Branch standards of conduct matters is found in Executive Order 11222, May 8, 1965, implemented by DoD Directive 5500.7 and regulations of each of the DoD Components. Two provisions are particularly applicable. All officers and employees are admonished to "avoid any action . . . which might result in, or create the appearance of --

"(1) Using public office for private gain;

"(2) Giving preferential treatment to any organization or person . . . ."

While the endorsement of a private fund-raising program by an official will not benefit that official personally, it does bestow an unauthorized official benefit upon the sponsors of the program. It also must be recognized that there are a great many worthy programs seeking support. The DoD official is not in a position to select the most deserving from among all of those asking for his or her endorsement. Those endorsed will appear to have received preferential treatment.

It is recommended that support of charitable activities be limited to those programs administered by the Office of Personnel Management under its delegation from the President and to those other programs authorized by regulations of the DoD Components (DoD Directive 5035.1, "Fund-Raising Within the Department of Defense").

Even if a requested endorsement is not for fund-raising purposes, caution should be exercised. The objections of potential misuse of private office and preferential treatment still apply. It generally is not possible for senior officials to separate their personal endorsement from an apparent official endorsement by the Department.

In light of the above, I suggest that senior DoD officials adopt the habit of declining requests for the use of their names and titles.

Paul Thayer

Paul Thayer

II. RESOURCE MATERIALS

National
Health
Information
Clearinghouse

P.O. Box 1133
Washington, D.C. 20013

800-336-4797
In Virginia 703-522-2590

Fact Sheet

The National Health Information Clearinghouse (NHIC) was developed to help the public locate health information. The Clearinghouse is a project of the Office of Health Information, Health Promotion and Physical Fitness and Sports Medicine (OHP) in the Department of Health and Human Services (DHHS). The National Consumer Health Information and Health Promotion Act of 1976 (Public Law 94-317) established the OHP and mandated the creation of a national clearinghouse charged with facilitating access to, and improving the exchange of, health information.

Services

- An in-house database, containing entries on health-related organizations and programs throughout the country
- An inquiry and referral system that allows the staff to refer inquiries to the most appropriate resource and allows the resource to respond directly to the inquirer. The NHIC does not, however, provide medical advice or referral to physicians.
- A toll-free telephone line to provide easy access to the Clearinghouse

Publications

- Available: a directory, Health Information Resources in the Department of Health and Human Services, and a poster, Call for Health Information.
- Planned: a resource guide on health risk appraisals, and a directory of organizations that provide information on fitness activities.

Liaison

The NHIC periodically coordinates invitational forums to promote the exchange of information and stimulate discussion of key health issues. A network of formal and informal contacts with organizations and individuals in the health field has been established to facilitate this exchange.

Access

Our staff can be reached by telephone, by mail, or by making an appointment to visit the Clearinghouse. For more information, to be placed on the mailing list, or for help with a health-related information need:

- Call 800-336-4797; 703-522-2590 in Virginia
- Write NHIC, P.O. Box 1133, Washington, DC 20013

Sponsored by: Office of Health Information, Health Promotion
and Physical Fitness and Sports Medicine
Office of Disease Prevention and Health Promotion
Public Health Service
U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

Operated by: InterAmerica Research Associates, Inc.

National Health Information Clearinghouse HEALTHFINDER

A service of the ODPHP Office of Disease Prevention and Health Promotion, Public Health Service, U.S. Department of Health and Human Services

SELECTED FEDERAL HEALTH INFORMATION CLEARINGHOUSES AND INFORMATION CENTERS

The Federal Government operates a number of clearinghouses and information centers, most of which focus on a particular topic, such as drug abuse or high blood pressure. Their services vary but may include publications, referrals, or answers to consumer inquiries. Those listed below are arranged in alphabetical order by keyword, which is the term or terms appearing in bold type.

NATIONAL CLEARINGHOUSE FOR **ALCOHOL** INFORMATION, P.O. Box 2345, Rockville, MD 20852; (301)468-2600. Gathers and disseminates current information on alcohol-related subjects. Responds to requests from the public, as well as from health professionals. Distributes a variety of publications on alcohol abuse.

ARTHRITIS INFORMATION CLEARINGHOUSE, P.O. Box 9782, Arlington, VA 22209; (703)558-8250. Identifies materials concerned with arthritis and related musculoskeletal diseases and serves as an information exchange for individuals and organizations involved in public, professional, and patient education. Refers personal requests from patients to the Arthritis Foundation.

NATIONAL LIBRARY SERVICE FOR THE **BLIND AND PHYSICALLY HANDICAPPED,** Library of Congress, Washington, DC 20522; (202)287-5100 (in D.C.); (800)424-8567. Works through local and regional libraries to provide free library service to persons unable to read or use standard printed materials because of visual or physical impairment. Provides information on blindness and physical handicaps on request. A list of participating libraries is available.

CANCER INFORMATION CLEARINGHOUSE, National Cancer Institute, Office of Cancer Communications, Building 31, Room 10A-18, 9000 Rockville Pike, Bethesda, MD 20205; (301)496-4070. Collects information on public and patient cancer education materials and disseminates it to organizations and health care professionals.

OFFICE OF **CANCER** COMMUNICATIONS, National Cancer Institute, Cancer Information Service, Building 31, Room 10A-18, 9000 Rockville Pike, Bethesda, MD 20205; (301)496-5583; (800)4-CANCER. Answers requests for cancer information from patients and the general public. The National Cancer Institute sponsors a toll-free telephone number to supply cancer information to the general public.

CLEARINGHOUSE ON **CHILD ABUSE AND NEGLECT**, P.O. Box 1182, Washington, DC 20013; (301)251-5157. Collects, processes, and disseminates information on child abuse and neglect. Responds to requests from the general public and professionals.

CONSUMER INFORMATION CENTER, Pueblo, CO 81009. (202)566-1794. Distributes consumer publications on topics such as children, food and nutrition, health, exercise, and weight control. The *Consumer Information Catalog* is available free from the Center and must be used to identify publications being requested.

NATIONAL **DIABETES** INFORMATION CLEARINGHOUSE, Box NDIC, Bethesda, MD 20205; (301)468-2162. Collects and disseminates information on patient education materials and coordinates the development of materials and programs for diabetes education.

NATIONAL **DIGESTIVE DISEASES** EDUCATION AND INFORMATION CLEARINGHOUSE, 1555 Wilson Boulevard, Suite 700, Rosslyn, VA 22209-2461; (301)496-9707. Provides information on digestive diseases to health professionals and consumers.

NATIONAL CLEARINGHOUSE FOR **DRUG ABUSE** INFORMATION, P.O. Box 416, Kensington, MD 20795; (301)443-6500. Collects and disseminates information on drug abuse. Produces informational materials on drugs, drug abuse, and prevention. Provides information to both consumers and health professionals.

ENVIRONMENTAL PROTECTION AGENCY, Public Information Center, Room PM 211-B, 401 M Street SW., Washington, DC 20460; (202)829-3535. Provides public information materials on such topics as hazardous wastes, the school asbestos project, air and water pollution, pesticides, and drinking water. Offers information on the agency and its programs and activities.

NATIONAL CLEARINGHOUSE FOR **FAMILY PLANNING** INFORMATION, P.O. Box 12921, Arlington, VA 22209; (703)558-7932. Collects family planning materials, makes referrals to other information centers, and distributes and produces materials. Primary audience is Federally funded family planning clinics.

FOOD AND DRUG ADMINISTRATION, Office of Consumer Affairs, 5600 Fishers Lane, Rockville, MD 20857; (301)443-3170. Answers consumer inquiries and serves as a clearinghouse for its consumer publications.

FOOD AND NUTRITION INFORMATION CENTER, National Agricultural Library Building, Room 304, Beltsville, MD 20705; (301)344-3719. Serves the information needs of professionals interested in nutrition education, food service management, and food technology. Acquires and lends books, journal articles, and audiovisual materials dealing with these areas of concern.

CLEARINGHOUSE ON THE **HANDICAPPED,** Switzer Building, Room 2319, 330 C Street SW., Washington, DC 20202; (202)732-1250. Responds to inquiries by referral to organizations that supply information to handicapped individuals and about handicaps.

NATIONAL INFORMATION CENTER FOR **HANDICAPPED CHILDREN AND YOUTH,** P.O. Box 1492, Washington, DC 20013. Helps parents of handicapped children, disabled adults, and professionals locate services for the handicapped and information on disabling conditions.

CLEARINGHOUSE ON **HEALTH INDEXES,** National Center for Health Statistics, Division of Epidemiology and Health Promotion, 3700 East-West Highway, Room 2-27, Hyattsville, MD 20782; (301)436-7035. Provides informational assistance in the development of health measures for health researchers, administrators, and planners.

NATIONAL **HEALTH INFORMATION** CLEARINGHOUSE, P.O. Box 1133, Washington, DC 20013-1133; (703)522-2590 (in Virginia); (800)336-4797. Helps the public locate health information through identification of health information resources and an inquiry and referral system. Health questions are referred to appropriate health resources that in turn respond directly to inquirers.

CENTER FOR **HEALTH PROMOTION AND EDUCATION,** Centers for Disease Control, Building 1 South, Room SSB249, 1600 Clifton Road NE., Atlanta, GA 30333; (404)329-3492. Provides leadership and program direction for the prevention of disease, disability, premature death, and undesirable and unnecessary health problems through health education. Formerly called the Bureau of Health Education.

HIGH BLOOD PRESSURE INFORMATION CENTER, 120/80 National Institutes of Health, Bethesda, MD 20205; (301)496-1809. Provides information on the detection, diagnosis, and management of high blood pressure to consumers and health professionals.

NATIONAL **HIGHWAY TRAFFIC SAFETY** ADMINISTRATION, NTS-11, U.S. Department of Transportation, 400 7th Street SW., Washington, DC 20590; (202)426-0123; Auto Hotline: (800)424-9393. Works to reduce highway traffic deaths and injuries. Publishes a variety of safety information brochures, conducts health promotion and risk reduction public education programs that promote the use of safety belts and child safety seats, and informs the public of the hazards of drunk driving. Maintains a toll-free hotline for consumer complaints on auto safety and child safety seats and requests for information on recalls.

HUD USER **(HOUSING),** P.O. Box 280, Germantown, MD 20874-0280; (301)251-5154. Disseminates the results of research sponsored by the Department of Housing and Urban Development. Health-related topics included in the database are housing safety, housing for the elderly and handicapped, and hazards of lead-based paint. There is a fee for publications.

PROJECT SHARE **(HUMAN SERVICES),** P.O. Box 2309, Rockville, MD 20852; (301)231-9539. Provides reference and referral services designed to improve the management of human services by emphasizing the integration of those services at the delivery level. There is a fee for publications.

NATIONAL **INJURY** INFORMATION CLEARINGHOUSE, 5401 Westbard Avenue, Room 625, Washington, DC 20207; (301)492-6424. Collects and disseminates injury data and information relating to the causes and prevention of death, injury, and illness associated with consumer products. Requests of a general nature are referred to the Consumer Product Safety Commission Communications Office.

NATIONAL CLEARINGHOUSE FOR **MATERNAL AND CHILD HEALTH,** 3520 Prospect Street, NW., Suite 1, Washington, DC 20057; (202)625-8410. Provides information and publications on maternal and child health to consumers and health professionals.

NATIONAL INSTITUTE OF **MENTAL HEALTH,** Science Communications Branch, Public Inquiries Section, Parklawn Building, Room 15C-17, 5600 Fishers Lane, Rockville, MD 20857; (301)443-4513. Distributes Institute publications. Provides referrals to mental health facilities.

CLEARINGHOUSE FOR **OCCUPATIONAL SAFETY AND HEALTH** INFORMATION, 4676 Columbia Parkway, Cincinnati, OH 45226; (513)684-8326. Provides technical support for National Institute for Occupational Safety and Health research programs, and supplies information to others on request.

NATIONAL INFORMATION CENTER FOR **ORPHAN DRUGS AND RARE DISEASES,** P.O. Box 1133, Washington, DC 20013; (703)522-2590 (in Virginia); (800)336-4797. Gathers and disseminates information on orphan drugs and rare diseases. The Center responds to inquiries from patients, health professionals, and the general public.

PRESIDENT'S COUNCIL ON **PHYSICAL FITNESS** AND SPORTS, 450 5th Street NW., Suite 7103, Washington, DC 20001; (202)272-3430. Conducts a public service advertising program and cooperates with governmental and private groups to promote the development of physical fitness leadership, facilities, and programs. Produces informational materials on exercise, school physical education programs, sports, and physical fitness for youth, adults, and the elderly.

POISON CONTROL BRANCH, Food and Drug Administration, Parklawn Building, Room 15B-23, 5600 Fishers Lane, Rockville, MD 20857; (301)443-6260. Works with the national network of 600 poison control centers to reduce the incidence and severity of acute poisoning. Directs toxic emergency calls to a local poison control center.

NATIONAL CLEARINGHOUSE FOR **PRIMARY CARE** INFORMATION, 1555 Wilson Boulevard, Suite 700, Arlington, VA 22209; (703)522-0870. Provides information services to support the planning, development, and delivery of ambulatory health care to urban and rural areas where there are shortages of medical personnel and services. Although the Clearinghouse will respond to public inquiries, its primary audience is health care providers who work in community health centers.

CONSUMER **PRODUCT SAFETY** COMMISSION, Washington, DC 20207; (800)638-CPSC. Evaluates the safety of products sold to the public. Provides printed materials on different aspects of consumer product safety on request. Does not answer questions from consumers on drugs, prescriptions, warranties, advertising, repairs, or maintenance.

NATIONAL CENTER FOR THE PREVENTION AND CONTROL OF **RAPE,** Parklawn Building, Room 6C-12, 5600 Fishers Lane, Rockville, MD 20857; (301)443-1910. Maintains a listing of rape prevention and treatment resources to help people locate services available in their communities and to facilitate networking among those working in the field of sexual assault. Has very little information for inquiries from the general public and prefers to refer them to local resources.

NATIONAL **REHABILITATION** INFORMATION CENTER, 4407 8th Street NE., Washington, DC 20017-2299; (202)635-5822; (202)635-5844 (TDD). Supplies publications and audiovisual materials on rehabilitation and assists in locating information on dates, places, names, addresses, or statistics. The collection includes materials on rehabilitation relevant to all disability groups.

OFFICE ON **SMOKING** AND HEALTH, Technical Information Center, Park Building, Room 1-10, 5600 Fishers Lane, Rockville, MD 20857; (301)443-1690. Offers bibliographic and reference services to researchers and others, and publishes and distributes a number of publications in the field of smoking.

SUDDEN INFANT DEATH SYNDROME CLEARINGHOUSE, 3520 Prospect Street NW., Suite 1, Washington, DC 20057; (202)625-8410. Provides information on SIDS to health professionals and consumers.

NATIONAL SECOND **SURGICAL OPINION** PROGRAM; (800)638-6833; (800)492-6603 (in Maryland only). Provides information for people faced with the possibility of nonemergency surgery. Sponsors a toll-free telephone number to assist the public in locating a surgeon or other specialist.

National Health Information Clearinghouse

HEALTHFINDER

A service of the Office of Disease Prevention and Health Promotion, Public Health Service, U.S. Department of Health and Human Services

HEALTH FAIRS

Health fairs offer an opportunity for providers of health care services and health information and others to reach large numbers of people in their communities. Because these events are designed to attract public attention and increase awareness of health issues, much of a health fair's potential impact may derive from publicity designed around the event. Health fair activities vary widely depending on the needs of the community and the objectives of the sponsoring agencies.

Information on health topics and available local services and organizations are made available at most health fairs. Some health fairs offer screening for particular diseases, such as high blood pressure, and offer tests for disorders, such as impaired vision and hearing. If screening and testing are added to a health fair, instruction should be offered on the need for and the recommended frequency for each procedure. Followup care must be arranged with health care professionals.

Local medical professionals can also advise health fair sponsors on the appropriateness of offering screening and testing services to general population groups, and on any legal liabilities that might arise from administering medical tests.

This resource list includes both guides on how to hold a health fair and articles that discuss the effectiveness of health fairs in achieving health promotion objectives. The NHIC does not distribute the publications on this list, except where noted. Journal articles may be available from local public or medical libraries. Ordering information is provided for books and pamphlets.

PLANNING AND CONDUCTING HEALTH FAIRS

ARTICLES

"The Health Education Carnival," Watts, P.R., and Stinson, W.J., *Health Education*, November/December 1981, 12(6), pp. 23-25. Presents a variation on the health fair: the health education carnival, which teaches children about health in a festive setting with costumes and games. Describes topics and activities.

"A Health Fair for Your Community," Ferguson, T., *Medical Self-Care*, Fall 1979, (6), pp. 3-8. Offers numerous tips on planning, publicizing, and finding resources from experienced health fair organizers.

"Hold a Community Health Fair," Ferguson, T., *Mother Earth News*, January/February 1980, p. 148. Offers guidelines for planning a health fair. Gives referrals to some useful organizations.

"How About a Health Fair?" Watkins, A.C., *Pediatric Nursing*, March/April 1983, pp. 123-5. Outlines the format of a health fair planned for elementary school children by parents who were health professionals. The program emphasized good habits in mental health, communicable diseases, dental health, safety, physical fitness, body awareness, and nutrition.

"Nutrition Fitness Fair: A Community Gets Involved," Ivans, E., *Extension Review*, Spring 1981, pp. 34-35. Describes a fair that focused on nutrition, discussing why and how it was organized. Gives a synopsis of events.

BOOKS

Conducting an Elementary School Health Fair: A Guide for Planning. 63 pages. Outlines and discusses the steps to take in planning, implementing, and evaluating a health fair, including detailed suggestions for learning centers and followup classroom activities. Partly adapted from *Planning a Health Fair: Student's Guide*, but directed to adults who are organizing a health fair for elementary students. For sale by the Utah State Health Department, P.O. Box 2500, Salt Lake City, UT 84110. $3.

A Health Fair. 60 pages. Offers community groups some basic guidelines for planning and promoting a health fair. The appendices make up most of the booklet, providing sample layouts for exhibits, descriptions of committee tasks, and sample press releases. Free in limited quantities from the Hospital Association of New York State, 15 Computer Drive West, Albany, NY 12205.

Health Fair Handbook. 128 pages. Discusses the many forms health fairs can take, explains how a health fair can make an important contribution in any community, and tells exactly how to go about putting on a health fair. For sale by the James Bay Community Project, 435 Simcoe Street, Victoria, BC, Canada, V8V 4T4. $6.95.

Health Fair Kit. 18 pages. Summarizes the points that a group should consider when organizing a health fair. Lists names and addresses of national health organizations and gives a timetable for planning. Single copy free from the Office of Public Affairs, DHHS Public Health Service Region III, Room 11460, Gateway Building, 3535 Market Street, Philadelphia, PA 19104.

Toward a Healthy Community: A Model Fair. 18 pages. Describes Health Works '79, a 3-day model fair sponsored by the U.S. Department of Health, Education and Welfare (now the Department of Health and Human Services). Explains why and how the fair was produced, describes events, and evaluates the fair. An appendix gives details on each exhibit. Free in limited quantities from the National Health Information Clearinghouse, P.O. Box 1133, Washington, DC 20013-1133.

Toward a Healthy Community: Organizing Events for Community Health Promotion. 37 pages. Discusses the reasons for and importance of health promotion initiatives at the community level. Presents a model for organizing community health promotion events, with health fairs cited frequently as examples. Appendices include a community support questionnaire, a health practices questionnaire, and a community analysis interview schedule. For sale by the U.S. Government Printing Office, Washington, DC 20402; S/N 017-001-00438-3, $4.25; make checks payable to the Superintendent of Documents.

ORGANIZATION

National Health Screening Council for Volunteer Organizations (NHSCVO), 9411 Connecticut Avenue, Kensington, MD 20895, (301)942-6601. Helps communities provide low-cost, comprehensive health fairs by offering resources, technical assistance, and consultation. The NHSCVO health fair model includes screening, education, review, and followup. Special programs have been developed for students, older Americans, and minorities.

EVALUATING HEALTH FAIRS AND COMMUNITY SCREENING

ARTICLES

"Assessing the Effectiveness of Community Screening Programs," Cadman, D., Chamber, L., et al., *Journal of the American Medical Association,* March 23/30, 1984, 251(12), pp. 1580-5. Presents seven guidelines for determining whether a community screening program is likely to be effective. The first guideline recommends finding hard evidence that the screening program is effective. Since this is seldom available, the authors offer six other guidelines to help planners decide whether the program may be effective. These guidelines relate to the quality of the tests, the intended audience, and resources for followup.

"The Dubious Values of Community Health Fairs: A Position Paper," Allanson, J.F., *Health Values: Achieving High Level Wellness,* July/August 1982, 6(4), pp. 17-19. Examines some major pitfalls and limitations of health fairs from the point of view of an urban public health agency. Questions the benefits of screening when weighed against the costs. Emphasizes the need for measurable objectives and thorough evaluation, elements often missing in the ganization of health fairs.

"Health Fair: Providing a Learning Experience Through a Community Service Project," Mason, D.J., and Calvacca, L.R., *Journal of Nursing Education,* June 1982, 21(6), pp. 39-47. Describes the planning, implementation, and evaluation of a health fair by student nurses. Emphasizes the value of the project as a clinical learning experience in community health nursing.

"Health Fairs Are More Than a Community Relations Scheme; They Save Dollars and Detect Health Problems Early," *Cost Containment,* July 26, 1983, 5(14), pp. 1-2. Emphasizes the benefits of hospitals' sponsoring health fairs as community health promotion programs.

"Organization and Evaluation of Health Fairs," Germer, P., and Price, J.H., *The Journal of School Health,* February 1981, 51(2), pp. 86-90. Reviews the literature dealing with the planning, organizational successes, and evaluation of health fairs. Concludes that health fairs may promote healthful behavior, depending on how well organized and stimulating the exhibits are.

"A Perspective on Non-Formal Education for Health: The Research Potential of Health Fairs," Falck, V.T., *Health Values,* November/December 1982, 6(6), pp. 20-24. Discusses health fairs as a tool to analyze how well consumers learn in non-formal health education settings. Presents the results of a health fair conducted for staff members and parents of students of a special public school in Houston, Texas.

"Planning a Community Health Fair," Blumenthal, D.S., and Kahn, H.S., *Public Health Reports,* March/April 1979, (94), pp. 156-161. Presents practical advice for community groups putting on health fairs, with emphasis on some common mistakes. Discusses realistic objectives, effective and ineffective health education activities, and the usefulness and limitations of specific screening tests.

Prepared by the National Health Information Clearinghouse (NHIC), P.O. Box 1133, Washington, DC 20013-1133. The NHIC is a service of the Office of Disease Prevention and Health Promotion (ODPHP), Public Health Service, U.S. Department of Health and Human Services. Appearance on this list does not signify endorsement by the Department, the ODPHP, or the NHIC. This is a Government publication and is not copyrighted. Duplication is encouraged.

National Health Information Clearinghouse

HEALTHFINDER

A Service of Office of Disease Prevention and Health Promotion, Public Health Service, U.S. Department of Health and Human Services

NATIONAL HEALTH OBSERVANCES 1986

Health observances are special months, weeks, and days devoted to the promotion of particular health concerns. This *Healthfinder* lists selected health observances for 1986. Health professionals, teachers, and community groups can use these special events to launch a health promotion activity, stimulate an awareness of health risks, or focus on disease eradication. Most sponsors have promotional materials, but these vary considerably, ranging from a single information flyer to packets full of media campaign materials. Some organizations may charge a fee for their materials. For more information on a health observance or the materials available, please contact the sponsoring organization directly.

JANUARY

Birth Defects Prevention Month March of Dimes Birth Defects Foundation, 1275 Mamaroneck Ave., White Plains, NY 10605.

National March of Dimes Mother's March (traditionally the last week in January) Local March of Dimes chapters.

National Volunteer Blood Donor Month American Blood Commission, 1117 North 19th St., Suite 501, Arlington, VA 22209.

FEBRUARY

American Heart Month Local chapters of the American Heart Association.

National Children's Dental Health Month American Dental Association, 211 East Chicago Ave., Chicago, IL 60611.

February 13-16, **National Safety Sabbath** National Safety Council, 444 North Michigan Ave., Chicago, IL 60611.

MARCH

Hemophilia Month National Hemophilia Foundation, 19 West 34th St., Suite 1204, New York, NY 10001.

Mental Retardation Month Association for Retarded Citizens, Office of Public Information, National Headquarters, 2501 Avenue J, Arlington, TX 76016.

National Eye Donor Month Eye Bank Association of America, 1511 K St. NW., Suite 830, Washington, DC 20005-1401.

National Kidney Month National Kidney Foundation, 2 Park Ave., New York, NY 10016.

National Nutrition Month American Dietetic Association, Sales Department, 430 North Michigan Ave., Chicago, IL 60611.

Red Cross Month American Red Cross, National Headquarters, 17th and D St. NW., Washington, DC 20006.

March 1-April 7, **National Easter Seal Campaign** National Easter Seal Society, 2023 West Ogden Ave., Chicago, IL 60612.

March 1-7, **National Physical Education and Sport Week** American Alliance for Health, Physical Education, Recreation and Dance, 1900 Association Dr., Reston, VA 22091.

March 2-8, **National PTA Drug and Alcohol Abuse Prevention Week** National PTA, 700 N. Rush St., Chicago, IL 60611.

March 3-9, **Save Your Vision Week** American Optometric Association, Communications Division, 243 North Lindbergh Blvd., St. Louis, MO 63141.

March 16-22, **National Poison Prevention Week** Poison Prevention Week Council, P.O. Box 1543, Washington, DC 20013.

March 23-29, **Children and Hospitals Week** Association for the Care of Children's Health, 3615 Wisconsin Ave. NW., Washington, DC 20016.

APRIL

Cancer Control Month American Cancer Society, Public Information Department, 4 West 35th St., New York, NY 10001.

Health Fair Month National Health Screening Council for Volunteer Organizations, 9411 Connecticut Ave., Kensington, MD 20895.

April 6-12, **National Medic Alert Week** Medic Alert Foundation International, Turlock, CA 95381.

April 6-12, **World Health Week** American Association for World Health, 2121 Virginia Ave. NW., Washington, DC 20037.

April 12, **World Health Day** American Association for World Health, 2121 Virginia Ave. NW., Washington, DC 20037.

April 13-19, **Iron Overload Awareness Week** Hemochromatosis Research Foundation, P.O. Box 8569, Albany, NY 12208.

April 20-26, **National Bike Safety Week** National Safety Council, 444 North Michigan Ave., Chicago, IL 60611.

April 20-26, **National Organ Donor Awareness Week** American Council on Transplantation, 4701 Willard Ave., Suite 222, Chevy Chase, MD 20815.

April 27-May 3, **Save the Children Week** Save the Children, 54 Wilton Rd., Westport, CT 06880.

April 28-May 4, **Clean Air Week** American Lung Association, 1740 Broadway, New York, NY 10019.

MAY

American Bike Month League of American Wheelmen, 6707 Whitestone Rd., Suite 209, Baltimore, MD 21207 or Bicycle Federation, 1818 R St. NW., Washington, DC 20009.

Better Hearing and Speech Month National Association for Hearing and Speech Action, Public Affairs, 10801 Rockville Pike, Rockville, MD 20852.

Correct Posture Month Director of Communications, American Chiropractic Association, 1916 Wilson Blvd., Arlington, VA 22201.

Mental Health Month National Mental Health Association, 1021 Prince St., Alexandria, VA 22314.

National Arthritis Month Arthritis Foundation, 1314 Spring St. NW., Atlanta, GA 30309.

National Foot Health Month Director of Public Affairs, American Podiatry Association, 20 Chevy Chase Circle NW., Washington, DC 20005. Send self-addressed stamped envelope.

National High Blood Pressure Month National High Blood Pressure Education Program, 120/80 National Institutes of Health, Bethesda, MD 20892.

National Physical Fitness and Sports for All Month Director, Community Programs, President's Council on Physical Fitness and Sports, Judiciary Plaza, 450 Fifth St. NW., Suite 7103, Washington, DC 20001.

Older Americans Month Administration on Aging, 330 Independence Ave. SW., Washington, DC 20201.

May 4-10, **National Tuberous Sclerosis Week** President, Tuberous Sclerosis Association of America, P.O. Box 44, Rockland, MA 02370.

May 8, **World Red Cross Day** American Red Cross, National Headquarters, 17th and D St. NW., Washington, DC 20006.

May 11-17, **National Hospital Week** American Hospital Association, Public Relations, 840 North Lake Shore Dr., Chicago, IL 60611.

May 11-17, **National Nursing Home Week** American Health Care Association, 1200 15th St. NW., Washington, DC 20005.

May 16-22, **National Skin Cancer Detection Week** American Academy of Dermatology, 1567 Maple Ave., Evanston, IL 60201.

May 17-23, **National Digestive Diseases Awareness Week** National Digestive Diseases Education and Information Clearinghouse, 1255 23rd St. NW., Suite 275, Washington, DC 20037.

JUNE

Dairy Month American Dairy Association, Food Publicity, 6300 North River Rd., Rosemont, IL 60018.

June 1-7, **National Safe Boating Week** National Safe Boating Council, U.S. Coast Guard G-BBS/43, 2100 Second St. SW., Washington, DC 20593.

June 8-14, **National Scleroderma Week** United Scleroderma Foundation, Inc., P.O. Box 350, Watsonville, CA 95077-0350.

SEPTEMBER

Leukemia Society Month Leukemia Society of America, Public Education and Information, 800 Second Ave., New York, NY 10017 or contact local chapters of the Leukemia Society.

National Emergency Care Month National Emergency Care Organization, 2080 Century Park East, Suite 1206, Los Angeles, CA 90067.

National Pediculosis Prevention Month National Pediculosis Association, P.O. Box 149, Newton, MA 02161.

National Sight Saving Month National Society to Prevent Blindness, Public Relations Office, 79 Madison Ave., New York, NY 10016.

September 14-20, **National Rehabilitation Week** Allied Services for the Handicapped, Public Relations Office, P.O. Box 1103, 475 Morgan Highway, Scranton, PA 18501.

September 21-27, **National Farm Safety Week** National Safety Council, 444 North Michigan Ave., Chicago, IL 60611.

OCTOBER

Family Health Month Director of Communications, American Academy of Family Physicians, 1740 W. 92nd St., Kansas City, MO 64114.

National Diabetes Research Month Juvenile Diabetes Foundation, Executive Office, 60 Madison Ave., New York, NY 10010.

National Family Sexuality Education Month Planned Parenthood Federation of America, Department of Education: NFSEM, 810 Seventh Ave., New York, NY 10019.

National Spina Bifida Month Spina Bifida Association of America, 343 South Dearborn St., Suite 310, Chicago, IL 60604.

National Spinal Health Month Director of Communications, American Chiropractic Association, 1916 Wilson Blvd., Arlington, VA 22201.

Sudden Infant Death Syndrome Awareness Month National SIDS Foundation, Two Metro Plaza, 8240 Professional Pl., Suite 205, Landover, MD 20785.

October 5-11, **National Employ the Handicapped Week** President's Committee on Employment of the Handicapped, Washington, DC 20210.

October 5-11, **National Fire Prevention Week** National Fire Prevention Association, Batterymarch Park, Quincy, MA 02269.

October 7, **Child Health Day** Department of Health and Human Services, Division of Maternal and Child Health, Parklawn Bldg., Room 6-05, 5600 Fishers Lane, Rockville, MD 20857.

October 12, **National Running and Fitness Day** American Running and Fitness Association, 2420 K St. NW., Washington, DC 20037.

October 12-18, **National School Lunch Week** American School Food Service Association, 4101 East Iliff, Denver, CO 80222.

October 13-19, **National Disabled Americans Week** Public Relations Director, National Easter Seal Society, 2023 West Ogden, Chicago, IL 60612.

October 16, **World Food Day** National Committee for World Food Day, 1001 22nd St. NW., Washington, DC 20437.

October 19-25, **National Lupus Awareness Week** Vice-President of Operations, Lupus Foundation of America, 11921-A Olive Blvd., St. Louis, MO 63141.

October 26-November 1, **National Safety on the Streets Week** National Safety Council, 444 North Michigan Ave., Chicago, IL 60611.

NOVEMBER

National Diabetes Month Public Relations Director, American Diabetes Association, 2 Park Ave., New York, NY 10016.

National Epilepsy Month Epilepsy Foundation of America, Public Health and Education, 4351 Garden City Dr., Suite 406, Landover, MD 20785.

November 6-December 31, **Christmas Seals Campaign** American Lung Association, 1740 Broadway, New York, NY 10019.

November 19, **Great American Smokeout** American Cancer Society, 4 West 35th St., New York, NY 10001.

November 24-30, **National Epidermolysis Bullosa Awareness Week** Dystrophic Epidermolysis Bullosa Research Association, Kings County Medical Center, 451 Clarkson Ave., Building E, Brooklyn, NY 11203.

DECEMBER

December 7-13, **National Drunk and Drugged Driver Awareness Week** National Safety Council, 444 North Michigan Ave., Chicago, IL 60611.

Prepared by the National Health Information Clearinghouse (NHIC), P.O. Box 1133, Washington, DC 20013-1133; (800)336-4797; (703)522-2590 (in Virginia). The NHIC is a service of the Office of Disease Prevention and Health Promotion (ODPHP), Public Health Service, U.S. Department of Health and Human Services. Appearance on this list does not signify endorsement by the Department, the ODPHP, or the NHIC. This is a Government publication and is not copyrighted. Duplication is encouraged.

December 1985

ODPHP
Office of Disease Prevention and Health Promotion

Public Health Service
U.S. DEPARTMENT OF HEALTH AND
HUMAN SERVICES

CALENDAR

DHHS Prevention Activities

February 1986

This *Calendar* describes some recent and upcoming disease prevention activities involving DHHS agencies. Contact persons for more information on any item may be identified by writing or calling the ODPHP's National Health Information Clearinghouse (NHIC), P.O. Box 1133, Washington, DC 20013-1133; the NHIC's telephone number is (800)336-4797 (toll-free) or (703)522-2590 (in Virginia and the Washington, D.C., metropolitan area).

Intervention and Information Efforts

In Communities

- Information kits are available for individuals who may seek help after viewing the movie **SHATTERED SPIRITS** on ABC-TV on January 6. The kits may be obtained from the National Clearinghouse for Alcohol Information, PO Box 2345, Rockville, MD 20852; telephone (301)468-2600. (ADAMHA/NIAAA) **January**

- The National Association for **CHILDREN OF ALCOHOLICS** has opened a clearinghouse to serve as a national resource for information pertaining to children with alcoholic parents. For more information, write NACOA, 31706 Coastal Hwy., 201, South Laguna, CA 92677. (ADAMHA/NIAAA) **January**

- Oregon is the first State to pass legislation requiring all alcohol beverage servers in the State to complete an approved **SERVER EDUCATION PROGRAM.** The legislation was sponsored by the Oregon Restaurant and Beverage Association and passed with little opposition. (ADAMHA/NIAAA) **January**

- A seven-year study of **ALCOHOL-RELATED TRAFFIC FATALITIES** confirms that alcohol involvement increases during the Christmas and New Year's holiday periods. More alcohol-related motor vehicle accidents occur during the holiday periods than at other times during the year. (CDC) **December**

- The first laboratory-confirmed **INFLUENZA OUTBREAKS** in the United States this season occurred in Alaska. Investigation of reported cases confirmed that the three major types of influenza virus that have caused outbreaks in recent seasons are continuing to circulate in the Nation. (CDC) **December**

February 1986

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- An estimated 588,700 children were treated for **TOY-RELATED INJURIES** in 1984, according to the Consumer Product Safety Commission. Most injuries were fairly minor, and were caused by falling off, over, or into toys. (CDC) **December**

- The CDC and three coastal State health departments studied emergency-room visits during and immediately after **HURRICANES.** The information will be useful in determining causes of storm-related injuries and planning for care of victims in the future. (CDC) **January**

- CDC is assisting Georgia in evaluating levels of exposure near two abandoned **PESTICIDE FORMULATION AND WASTE SITES** near Nashville, GA. CDC recommended that the Environmental Protection Agency take immediate action to prevent human contact with the sites and to prevent the pesticides from migrating off the sites. (CDC) **December**

- At the request of the San Francisco and Los Angeles Health Departments, the CDC reviewed **AIDS ACTIVITIES** in the two cities, assessing surveillance, information and education, alternate site testing, and overall management of the programs. (CDC) **December**

- After an investigation of diarrheal illness in eight children who had consumed **SORBITOL-CONTAINING DIETETIC CANDY,** the CDC recommended that health care providers be informed that sorbitol-containing products may cause such diarrheal illness and that steps be taken to improve labeling. (CDC) **December**

- Preliminary data from the first **STATEWIDE FEMALE HEALTH TELEPHONE SURVEY** conducted by CDC and Idaho indicate that more than two-thirds of married women in the State are using contraception. The survey, to determine State-specific estimates of family-planning needs, also investigated reproductive history, breast feeding, desired family size, family planning use, frequency of pap smears, breast self-exam, and smoking. (CDC) **December**

- The Pan American Health Organization's Emergency Preparedness and Disaster Relief Coordination Program, in cooperation with CDC, is investigating 15 possible cases of **GAS GANGRENE RELATED TO VOLCANO ERUPTION** in Colombia. (CDC) **November**

- Certain **HAZARDOUS CYLINDERS** manufactured by Luxfer, USA, Ltd., have been decertified and removed from service by the National Institute for Occupational Safety and Health and the Department of Transportation. The unsafe cylinders are used in self-contained breathing devices, and life-threatening explosions have occurred during exposure to these cylinders. (CDC) **December**

- CDC is assisting Wisconsin in investigation of an outbreak of 190 cases of **PERTUSSIS (WHOOPING COUGH)** reported since June 1985. No deaths or severe complications have occurred. CDC efforts are aimed at delineating risk factors for the disease and the role of adults in transmission. (CDC) **December**

- The FDA took action to recall a number of products which may contain **SULFITES,** which are harmless to most consumers but may cause severe allergic reaction in up to a million sulfite-sensitive people. Products recalled, which will be relabeled to declare sulfite as an ingredient, included dried fruit and hominy. In related action, the FDA proposed warning statements for prescription drugs containing sulfites. (FDA) **December**

- FDA final rules broadening the approved uses of **IRRADIATION IN FOODS** were approved by the HHS Secretary. The regulation allows the use of picowaves, low-level ionizing energy, to kill insects in harvested fresh fruits and vegetables. It is hoped that this will lead to reduced use of pesticides on foods. (FDA) **December**

- A national public service campaign against **HEALTH FRAUD** and medical quackery was announced by the FDA and the Pharmaceutical Advertising Council. The campaign includes print and broadcast public service announcements. The TV spot, called "Operation Quackdown," shows duck decoys floating in a pond, with a live duck swimming aimlessly among them. (FDA) **December**

- Aspirin products relabeled with **WARNINGS ABOUT REYE SYNDROME** have reached store shelves in quantity. The voluntary advisory wording generally used is: "Consult a physician before giving this medicine to children, including teen-agers, with chicken pox or flu." (FDA) **January**

- The Public Health Service Award for Exceptional Achievement in **ORPHAN PRODUCTS DEVELOPMENT** was awarded to five individuals and one firm at the Orphan Products Board annual meeting. Another topic discussed at the meeting was the need to extend the provision of the Orphan Drug Act to include medical devices. (FDA) **December**

- The Massachusetts Department of Public Health conducted a week-long **RISK FACTOR SURVEILLANCE SURVEY.** Training in techniques and early supervision in the program were provided by the CDC Center for Health Promotion and Education. For information, contact Dr. Fishbein, (617)727-2662. (Region I) **January**

- A report issued by the Vermont Department of Health indicates that **LIFE EXPECTANCY** for persons born in Vermont is slightly higher compared to the white population of the United States as a whole. Life expectancy for females is greater by 0.6 years, and for males, 0.4 years, according to the report. For information, contact Walter Cooley, (802)863-7300. (Region I) **February**

- Cancer epidemiologists from 32 countries assembled in Hartford, CT, to honor the 50th anniversary of the **CONNECTICUT TUMOR REGISTRY.** The registry is the world's largest population-based collection of information on the incidence and distribution of cancer. For information, contact Wanda Rickerby, (203)566-4800. (Region I) **December 10**

- **HEALTH PROMOTION FOR WOMEN** is the focus of three series of jointly sponsored meetings in Massachusetts. "Women and the Experience of Wellness," "Aging Well," and "The Fifth Annual Health Institute on Promoting Prevention" are the series names. Meetings will highlight regional and national figures involved in health promotion and disease prevention. For information, contact Carol Bundy, (617)678-2811, x269. (Region I) **January-May**

- A study of **ADOLESCENT SEX OFFENDERS** in Vermont points to the increasing awareness in the public health community that sexual violence is a serious public health problem. Early intervention with offenders may be effective in preventing child sex abuse, the study suggests. (Region I) **December**

- The Nebraska Department of Health has activated a **COMPUTER HEALTH NETWORK** to serve as a communication tool for hospitals and health professionals throughout the State. Nationwide data on medical devices and in-vitro diagnostic products are also included. (Region VII) **December**

- Pre-school **VISION AND HEARING SCREENING** is being conducted at numerous Kansas sites. Local nurses or special education teachers received training in the screening techniques. (Region VII) **January**

- Five task forces have been established for a **HEALTH PROMOTION STUDY** in two Kansas counties. As part of the project, the two counties will establish 10 exercise/physical fitness fields at schools and city parks. (Region VII) **February**

- **LEGISLATORS' FITNESS TESTING DAY** was scheduled by the "Plus" fitness program of the Kansas Department of Health and Environment and the Kansas Governor's Council on Fitness. (Region VII) **February 4**

- The Martin Luther King, Jr. Family Health Center of Richmond, CA, assisted in gathering information to establish the need for a **SMOKING CESSATION PROGRAM.** The research led to a grant from the National Cancer Institute to the Kaiser Health Center for a community program. (Region IX) **December**

In Health Care Settings

- CDC assisted Minnesota in an investigation of **DISSEMINATED FUNGAL INFECTION** in five oncology patients at a pediatric hospital in 1984. CDC investigators concluded that there was an association between construction and the infections, emphasizing the need for hospitals to consider precautions to minimize exposure of immunocompromised patients to construction or renovation activity. (CDC) **December**

- Three Vermont hospitals have moved forward with a shared **HEALTH EDUCATION** service venture called "Health Unlimited." This non-profit corporation was established to more effectively provide quality health education programs. For information, call the Vermont Hospital Association, (802)223-3461. (Region I) **January**

- The University of Massachusetts' new **CENTER FOR FITNESS AND HEALTH** brings together the latest in scientific and medical knowledge and expertise to offer rehabilitation programs, counseling, and prescriptions for healthful living. The center is open to the public; it includes several testing stations, offices, and a workout area, and is staffed by doctors specializing in cardiology, orthopedics, and sports medicine. For information, call (617)856-0011. (Region I) **January**

- Several groups have joined with North County Health Services in San Diego County, CA, to implement a program to reduce **CHILD ABUSE AND NEGLECT.** The program consists of eight training modules focused on migrant farm women, and has received good media coverage. (Region IX) **December**

For Specific Populations

- Women in their child-bearing years, with a special focus on low-income women, are the target of a major public education campaign that began with National **FETAL ALCOHOL SYNDROME** Awareness Week, January 12-18. NIAAA is collaborating with a wide range of agencies and organizations to distribute public service announcements, technical assistance, and supplemental printed materials. (ADAMHA/NIAAA) **January**

- Maine has established a project to study **PREGNANCY IN DIABETICS.** The researchers are currently field-testing data collection instruments and availability of data. The project estimates that about 50 pregnancies to women with diabetes occur every year in Maine. For further information, contact Randy Schwartz, (207)289-3591. (Region I) **January**

- Tufts University's **HUMAN NUTRITION RESEARCH CENTER ON AGING** has announced its schedule for monthly presentations in its community program, now in its second year. Topics include nutritional quackery, Alzheimer's disease, medications, and eye problems. For information, call (617)956-0415. (Region I) **January**

- The Association for Retarded Citizens in Topeka, KS, is supporting a project in **FAMILY PLANNING FOR THE MENTALLY RETARDED.** Classes are taught by married couples with education backgrounds, and parents are kept current on information presented in the classes. (Region VII) **January**

Scientific Reports

- Patients admitted to hospitals for **SUICIDAL TENDENCIES** were administered several psychological tests to determine the value of the tests in predicting successful suicide. The Hopelessness Scale and the pessimism index of the Beck Depression Index predicted those who would eventually commit suicide over the 5-10 year follow-up period. The study is reported by A.T. Beck, et al., ***American Journal of Psychiatry***, 142(5), 559-563. (ADAMHA/NIMH) **December**

- Results of the FDA's national telephone survey to determine levels of **VITAMIN AND MINERAL SUPPLEMENTATION** in the United States were published in the December 1985 ***Journal of the American Dietetic Association***. Concerns about potential adverse effects at high levels of consumption prompted the study. (FDA) **December**

- Eye care specialists have recently reported cases of corneal ulcers in patients using **EXTENDED-WEAR CONTACT LENSES.** Users who wear the lenses for longer periods than recommended, or who do not follow prescribed cleaning and disinfection procedures for the lenses, may be at increased risk. (FDA) **December**

- Improved medical technologies and procedures have led to a **DROP IN SURGICAL MORTALITY FOR THE ELDERLY.** The decline in deaths has occurred despite a rise in surgical admissions. Researchers also found that hospital stays for surgery are shorter. The study is described in "Rising Surgical Rates Among the Elderly" in the Fall 1985 issue of ***Health Affairs***. (NCHSR) **December**

- Women who exercise regularly may continue **EXERCISING DURING PREGNANCY,** according to a study supported in part by the National Institute of Child Health and Human Development. Exercise did not trigger premature labor, and none of the women in the study who continued exercise activity delivered prematurely. The study is reported in the ***American Journal of Obstetrics and Gynecology***, 151(6). (NIH/NICHD) **December**

Grants and Contracts

- The FDA plans to award 20 to 30 grants to support clinical trials on the **SAFETY AND EFFECTIVENESS OF ORPHAN PRODUCTS.** These products may be useful in an uncommon or common disease but are not considered commercially attractive for marketing and lack committed commercial sponsorship. (FDA) **January**

- ADAMHA and NIH will support research into the means by which a **SEAFOOD DIET** influences health and affects disease processes. The research will focus on the omega-3 polyunsaturated fatty acids, which most investigators have concluded plays a role in protecting against cardiovascular and other diseases. (NIH) **December**

- Studies on the pharmacology and toxicology of **ANTI-AIDS AGENTS** will be supported by the National Cancer Institute. These studies will be preclinical, and the data must be suitable for filing as part of an Investigational New Drug application with the FDA. (NIH/NCI) **January**

- A Request for Cooperative Agreement also invites applications for funding for National Cooperative Drug Discovery Groups for the **TREATMENT OF AIDS.** This funding aims at the discovery of effective anti-AIDS treatment. (NIH/NCI, NIAID) **December**

- Ten Comprehensive **SICKLE CELL CENTERS** will be supported by the National Heart, Lung, and Blood Institute. Each center will be capable of a wide range of activities encompassing basic and clinical research, as well as demonstration activities in education, diagnosis, and counseling. (NIH/NHLBI) **December**

- Support will be provided for multidisciplinary research centers in **ORAL BIOLOGY** by the National Institute of Dental Research. The goal of the program is to expand the scientific base underlying the capability to improve oral health and control oral diseases and disorders. (NIH/NIDR) **December**

- Mechanisms responsible for **AGE-RELATED INCREASES IN BLOOD PRESSURE** will be studied under a program co-sponsored by the National Institute on Aging and the National Heart, Lung, and Blood Institute. Both human and animal studies are welcome regarding this association between increasing age and higher blood pressure seen in industrialized societies. (NIH/NIA, NHLBI) **December**

Publications

- The 1985 **HIGH SCHOOL SENIOR STUDY** conducted by researchers at the University of Michigan shows a slight increase in daily alcohol use, but a slight decrease in monthly, annual, and lifetime use of alcohol. Drinking among teenagers remains at a high level, but these findings indicate positive signs of lower consumption. A fact sheet based primarily on the Michigan studies is available from the National Clearinghouse for Alcohol Information, PO Box 2345, Rockville, MD 20852; telephone (301)468-2600. (ADAMHA/NIAAA) **December**

- ***Early Identification of Alcohol Abuse*** is Research Monograph No. 17 from the National Clearinghouse for Alcohol Information (NCALI). Papers in this collection deal with topics ranging from clinical markers to psychosocial indicators. Early identification of excessive alcohol consumption permits appropriate preventive measures to be taken. Copies are available from NCALI, PO Box 2345, Rockville, MD 20852; telephone (301)468-2600. (ADAMHA/NIAAA) **December**

- Recent research findings on the genetics of alcoholism are described in ***Alcoholism: An Inherited Disease***. Prominent investigators in the alcohol abuse field are represented in this report, based on published research on personal interviews. Copies are available from NCALI, PO Box 2345, Rockville, MD 20852; telephone (301)468-2600.. (ADAMHA/NIAAA) **December**

- The National Association of State Public Health Veterinarians published its annual recommendations on **ANIMAL RABIES VACCINES** in the January 3, 1986 issue of ***MMWR***. Principles of rabies control, recommendations for immunization procedures, and a listing of licensed vaccines are included. (CDC) **January**

- ***National Health Observances 1986***, in the National Health Information Clearinghouse (NHIC) ***Healthfinder*** series, lists 73 health events in the United States for the entire year. February listings include American Heart Month and National Children's Dental Health Month. A single copy is available free from the NHIC, PO Box 1133, Washington, DC 20013-1133; telephone (800)336-4797 or (703)522-2590. (ODPHP/NHIC) **January**

Meetings

- **OBSTETRICS, PERINATAL MEDICINE AND THE LAW,** Maui, HI. Sponsored by the American Society of Law and Medicine and the Hawaii Section of the American College of Obstetricians and Gynecologists. (ODPHP/NHIC) **January 2-6**

- **SYMPOSIUM ON PUBLIC HEALTH IN ASIA AND PACIFIC BASIN,** second international, Bangkok, Thailand. (CDC) **January 7-11**

- **HEALTH IMPLICATIONS OF SMOKELESS TOBACCO,** Bethesda, MD. A Consensus Development Conference sponsored by the National Institutes of Health. For information, contact Mike Bernstein, (301)496-1143 or Ann Marrott, (301)496-6792. (NIH/NCI) **January 13-15**

- **PARTNERS IN COMMUNITY HEALTH,** Tulsa, OK. Sponsored by the American Indian Institute at the University of Oklahoma. For information, call (405)325-1711. (HRSA/IHS) **January 21-23**

- **REGION X FAMILY PLANNING CONFERENCE,** 14th annual, Seattle, WA. (Region X) **January 23-24**

- **INTERNATIONAL CONFERENCE ON ORGANIZATIONAL PATTERNS OF OCCUPATIONAL HEALTH SERVICES IN DEVELOPING COUNTRIES,** Aswan, Egypt. For more information, contact Prof. Gamal H. El-Samra, Dept. of Occupational Medicine, Kasr El-Aini, Faculty of Medicine, Cairo, Egypt. (CDC) **February 7-11**

- **GERIATRIC MEDICINE IN PRACTICE,** Honolulu, HI. Sponsored by the John A. Burns School of Medicine, University of Hawaii. For information, call (808)948-6949. (ODPHP/NHIC) **February 15-19**

- **AMERICAN ACADEMY OF ORTHOPEDIC SURGEONS,** 53rd annual meeting, New Orleans, LA For information, call Nicholas Cavarocchi, (202)223-3260. (CDC) **February 20-25**

- **ENVIRONMENTAL HEALTH CONFERENCE,** Denver, CO. Jointly sponsored by CDC and the Public Health Foundation. For information, call John Gallagher, (404)452-4105. (CDC) **February 24-28**

- **HEALTH SELLS—WHO PROFITS,** New York, NY. The first Whitehead Forum from the National Center for Health Education. For information, call (212)689-1886. (ODPHP/NHIC) **February 27**

- **ADOLESCENT SEXUALITY WORKSHOP,** 11th annual, Salem, OR. Sponsored by the Marion County, OR, Family Planning Agency. (Region X) **February 27-28**

- **NATIONAL FAMILY PLANNING AND REPRODUCTIVE HEALTH ASSOCIATION,** 14th annual meeting, Washington, DC. For information, contact Kathryn Bono, (202)628-3535. (ODPHP/NHIC) **March 3-7**

- **HAZARDOUS WASTE AND HAZARDOUS MATERIALS CONFERENCE,** third national, Atlanta, GA. For information, contact Charlene Maloney, (513)841-8323. (CDC) **March 4-6**

- **SEVENTH ANNUAL CONFERENCE ON MYASTHENIA GRAVIS,** New York, NY. Sponsored by the New York Academy of Sciences. For information, call (212)838-0230. (ODPHP/NHIC) **March 4-7**

- **AMERICAN COLLEGE OF CARDIOLOGY,** 35th annual scientific session, Atlanta, GA. For information, call (301)897-5400. (ODPHP/NHIC) **March 9-13**

- **PROTECTION OF HUMAN SUBJECTS,** NIH/FDA Regional Workshop, Little Rock, AR. For information, contact Kathleen Masterson, (501)661-5502. (NIH) **March 11**

- **HUMANE CARE AND USE OF LABORATORY ANIMALS BY AWARDEE INSTITUTIONS,** NIH Regional Workshop, Little Rock, AR. For information, contact Kathleen Masterson, (501)661-5502. (NIH) **March 12**

- **HIGH-TECH BABYMAKING:** Its Technology and Social, Ethical, and Legal Implications, Hartford, CT. For information, contact Ethel Fried, (203)236-1215. (ODPHP/NHIC) **March 14**

- **EIGHTH NATIONAL LESBIAN/GAY HEALTH CONFERENCE,** Washington, DC. Cosponsored by CDC, NIAID, the National Lesbian and Gay Health Foundation, and Addiction Recovery Corp. For information, write NLGHF, PO Box 65472, Washington, DC 20035. (ODPHP/NHIC) **March 14-16**

- **MID-AMERICA CONGRESS ON AGING,** 13th annual conference, Chicago, IL. "Building for the Year 2000." For information, call (913)788-9766. (ODPHP/NHIC) **March 19-22**

- **FIRST NATIONAL CONFERENCE ON HYPERTENSION IN BLACKS,** Atlanta, GA. Sponsored by Emory University School of Medicine with support of the National Heart, Lung, and Blood Institute. For information, call (404)727-5695. (ODPHP/NHIC) **April 3-5**

- **PREVENTION 86: ASSESSING THE BENEFITS OF INTERVENTION,** Atlanta, GA. The program focuses on the evaluation and assessment of prevention intervention strategies. Cosponsored by ODPHP, CDC, and eight professional associations. (ODPHP/NHIC) **April 3-6**

- **HUMANE CARE AND USE OF LABORATORY ANIMALS BY AWARDEE INSTITUTIONS,** NIH Regional Workshop, Boston, MA. For information, contact Virginia B. Werwath, (617)481-0400, x202. (NIH) **April 4**

- **NATIONAL COUNCIL ON THE AGING,** annual meeting, Washington, DC. For information, contact Ruth Blank, (202)479-1200, ext. 302. (ODPHP/NHIC) **April 9-13**

- **AMERICAN ACADEMY OF PEDIATRICS,** spring session, Orlando, FL. For information, call (800)433-9016 (in Illinois, (800)421-0589). (ODPHP/NHIC) **April 12-17**

- **NORTH AMERICAN PRIMARY CARE RESEARCH GROUP,** 14th annual meeting, Baltimore, MD. For information, contact Jeff Sobal, (301)528-3525. (ODPHP/NHIC) **April 13-16**

- **NORTHEASTERN CONFERENCE ON ALCOHOLISM AND DRUG DEPENDENCE,** Newport, RI. For information, contact Jane Drury, (401)847-2225. (ODPHP/NHIC) **May 4-7**

- **PARTNERSHIPS FOR CHANGE: WORKING TOGETHER FOR RURAL HEALTH,** 1986 national conference of the National Rural Health Care Association, San Diego, CA. For information, contact Donna Williams, (816)421-3075. (ODPHP/NHIC) **May 21-24**

- **CHILD HEALTH AND WELL-BEING: A WORLD COMMITMENT,** 18th International Congress of Pediatrics, Honolulu, HI. Sponsored by International Pediatric Association and hosted by American Academy of Pediatrics. For information, contact Gerald Hughes at AAP, (800)433-9016 (in Illinois, (800)421-0589). (ODPHP/NHIC) **July 7-12**

Meetings

- **FIFTH ANNUAL STATEWIDE PREVENTION SYMPOSIUM,** Anchorage, AK. For information, write Marcia Michel, Alaska Council on Prevention of Alcohol and Drug Abuse, 7521 Old Seward Highway, Suite A, Anchorage, AK 99518. (ADAMHA) **November 4-6**

- **HEALTH CARE COST CONTAINMENT: PUTTING EFFECTIVE STRATEGIES TO WORK,** Washington, DC. Sponsored by Creative Health Seminar Consultants in cooperation with The Johns Hopkins University Center for Hospital Finance and Management. For information, call (301)445-4400. (ODPHP/NHIC) **November 4-6**

- **AMERICAN ASSOCIATION OF HOMES FOR THE AGING,** 24th annual meeting, Los Angeles, CA. For information, call (202)296-5960. (ODPHP/NHIC) **November 4-7**

- **AMERICAN SOCIETY OF TROPICAL MEDICINE AND HYGIENE,** 34th annual meeting, Miami, FL. For information, contact Dr. John Scanlon, (512)691-6845. (CDC) **November 4-7**

- **RURAL HEALTH CHALLENGE: PLAN FOR ACTION,** Kansas City, MO. A four-state conference focusing on rural health needs in the face of economic crisis, including survival of rural hospitals, the role of local health departments, rural prepaid health services, and community mental health services. (Region VII) **November 6-8**

- **NATIONAL BLACK ALCOHOLISM COUNCIL,** seventh annual conference, Norfolk, VA. (ADAMHA) **November 6-9**

- **MISSOURI CONFERENCE ON GENETIC DISORDERS,** St. Louis, MO. Sponsored by the University of Missouri-Columbia Schools of Medicine and Nursing, Missouri Departments of Mental Health and Public Health, and the March of Dimes. (Region VII) **November 7-8**

- **NINTH ANNUAL CONFERENCE ON CORRECTIONAL HEALTH CARE,** Chicago, IL. Sponsored by the National Commission on Correctional Health Care and the American Correctional Health Services Association. For information, call (312)440-1574. (ODPHP/NHIC) **November 7-9**

- **NINTH ANNUAL SYMPOSIUM ON COMPUTER APPLICATIONS IN MEDICAL CARE,** Baltimore, MD. For information, call (202)676-4509. (ODPHP/NHIC) **November 10-13**

- **SEVENTH NATIONAL CONFERENCE ON CHILD ABUSE AND NEGLECT,** Chicago, IL. This year's title is Reaching for the Rainbow: A National Commitment to End Child Abuse. For information, contact conference headquarters, (312)644-5997. (ADAMHA) **November 10-13**

- **ASSOCIATION OF MILITARY SURGEONS OF THE U.S.,** annual meeting, Anaheim, CA. For information, contact the convention manager, (301)933-2801. (ODPHP/NHIC) **November 10-15**

- **XI ASIAN CONFERENCE ON OCCUPATIONAL HEALTH,** Manila, Philippines. For information, write the Secretariat, P.O. Box 1049, POIMA, Manila, Philippines. (CDC) **November 10-15**

- **FUTURE DIRECTIONS FOR RESEARCH AND TRAINING IN PSYCHOSOCIAL FACTORS AND HEALTH,** Galveston, TX. This is the Inaugural Conference for the World Health Organization Collaborating Center on Psychosocial Factors and Health, University of Texas Medical Branch. For information, call C. David Jenkins, (409)761-2551. (ODPHP/NHIC) **November 12**

- **NATIONAL CONFERENCE ON HEALTH POLICY AND QUALITY OF CARE FOR OLDER AMERICANS,** Alexandria, VA. Sponsored by the American Association of Retired Persons, American Hospital Association, American Nurses' Association, and American Medical Association. For information, contact Ellen Sachs, (312)645-4727. (ODPHP/NHIC) **November 12-13**

- **MEETING ON ELIMINATION OF MEASLES FROM THE UNITED STATES,** Atlanta, GA. For information, contact Dr. Walter Orenstein, (404)329-1862. (CDC) **November 13-14**

- **ADOLESCENTS IN CRISIS,** Kansas City, MO. For professionals working with teenagers, this workshop focuses on teenage suicide, chemical dependency, children of alcoholics syndrome, schizophrenia, and depression. (Region VII) **November 14**

- **SOCIETY FOR PUBLIC HEALTH EDUCATION,** 36th annual meeting, Washington, DC. This year's program is titled "Strengthening Health Education in the Golden Era of Health Promotion." For information, call (415)546-7601. (ODPHP/NHIC) **November 16-17**

- **NATIONAL CONFERENCE ON COCAINE: THE CLINICAL CHALLENGE,** New York, NY. For program information, contact U.S. Journal Training, 1721 Blount Road, Suite N1, Pompano Beach, FL 33069. (ADAMHA) **November 17-19**

- **AMERICAN HEALTH PLANNING ASSOCIATION,** annual meeting, Washington, DC. For information, call (202)861-1200. (ODPHP/NHIC) **November 17-21**

- **AMERICAN PUBLIC HEALTH ASSOCIATION,** annual meeting, Washington, DC. This year's theme is "Government Responsibility and the People's Health." For information, contact Helen Cauthen, (202)789-5600. (CDC) **November 17-21**

- **FOURTH ANNUAL MEETING, NATIONAL COUNCIL ON PATIENT INFORMATION AND EDUCATION,** Washington, DC. The theme is "High-Tech/HighTouch: The Future of Patient Drug Information and Education." For information, call (202)466-6711. (ODPHP/NHIC) **November 21-22**

- **THE FUTURE OF WORK AND HEALTH: THE NATIONAL ASSEMBLY,** Leesburg, VA. Sponsored by the Office of Disease Prevention and Health Promotion and National Institute for Occupational Safety and Health in cooperation with the Institute for Alternative Futures. (ODPHP) **November 21-23**

- **GERONTOLOGICAL SOCIETY OF AMERICA,** 38th annual meeting, New Orleans, LA. For information, call (202)393-1411. (ODPHP/NHIC) **November 22-26**

- **SOCIETY OF PROSPECTIVE MEDICINE,** 21st annual meeting, San Francisco, CA. This year's meeting is titled "Equipping the Professional/Protecting the Consumer." For information, call (202)857-1199. (ODPHP/NHIC) **November 23-26**

- **SETTING THE AGENDA FOR THE YEAR 2000: KNOWLEDGE DEVELOPMENT IN NURSING,** San Diego, CA. The 1985 scientific session of the American Academy of Nursing. For information, call (800)821-5834. (CDC) **December 3**

- **DISEASE PREVENTION CONFERENCE,** Hyannis, MA. Sponsored by the Region I office of the PHS. For information, contact Arthur Harper, (617)223-4045. (Region I) **December 3-5**

- **NURSING RESEARCH: INTEGRATION INTO THE SOCIAL STRUCTURE,** San Diego, CA. Sponsored by the American Nurses' Association Council of Nurse Researchers. For information, call (800)821-5834. (ODPHP/NHIC) **December 4-7**

- **SIXTH ANNUAL TEEN PREGNANCY CONFERENCE,** Portland, OR. Sponsored by the State of Oregon. (Region X) **December 5-6**

- **NEW DIRECTIONS FOR THEORY AND PRACTICE:** A Conference About Developmental and Preventive Approaches to Normal, Disabled and High-risk Infants, Toddlers, and Their Families, Fourth Biennial National Training Institute, Washington, DC. Sponsored by the National Center for Clinical Infant Programs. For more information, call Louise Feigin, (202)347-[illegible] (ODPHP/NHIC) **December 6-8**

- **INTER-AMERICAN SOCIETY FOR CHEMOTHERAPY,** second annual meeting, Tampa, FL. Included in the symposia are chemotherapy of sexually transmitted diseases and AIDS. For information, call (813)272-3530. (CDC) **December 8-11**

- **NUTRITION ISSUES IN DEVELOPING COUNTRIES FOR THE 1980s AND 1990s,** annual symposium, Washington, DC. Sponsored by the Food and Nutrition Board of the National Academy of Sciences. For information, contact Shirley Ash, (202)334-2581. (ODPHP/NHIC) **December 9**

- **HEALTH PROMOTION FOR OLDER ADULTS: PLANNING FOR ACTION,** a teleconference sponsored by the American Hospital Association. For information, call (312)948-9006. (ODPHP/NHIC) **December 12**

- **SYSTEMS INTEGRATION: COMPOUNDING THE CUBES,** Baltimore, MD. Co-sponsored by the American Health Planning Association and the Veterans Administration Department of Medicine and Surgery. The conference focuses on integration of acute and long-term care into a coordinated health care system. For information, call Cindy Whitman, (202)861-1200. (ODPHP/NHIC) **December 15-18**

- **OBSTETRICS, PERINATAL MEDICINE AND THE LAW,** Maui, HI. Sponsored by the American Society of Law and Medicine and the Hawaii Section of the American College of Obstetricians and Gynecologists. (ODPHP/NHIC) **January 2-6**

- **SYMPOSIUM ON PUBLIC HEALTH IN ASIA AND PACIFIC BASIN,** second international, Bangkok, Thailand. (CDC) **January 7-11**

- **HEALTH IMPLICATIONS OF SMOKELESS TOBACCO,** Bethesda, MD. A Consensus Development Conference sponsored by the National Institutes of Health. For information, contact Mike Bernstein, (301)496-1143 or Ann Marrott, (301)496-6792. (NIH/NCI) **January 13-15**

- **PARTNERS IN COMMUNITY HEALTH,** Tulsa, OK. Sponsored by the American Indian Institute at the University of Oklahoma. For information, call (405)325-1711. (HRSA/IHS) **January 21-23**

- **GERIATRIC MEDICINE IN PRACTICE,** Honolulu, HI. Sponsored by the John A. Burns School of Medicine, University of Hawaii. For information, call (808)948-6949. (ODPHP/NHIC) **February 15-19**

National
Health
Information
Clearinghouse

HEALTHFINDER

ervice of the Office of Disease Prevention and Health Promotion, Public Health Service, U.S. Department of Health and Human Services

TOLL-FREE NUMBERS FOR HEALTH INFORMATION

The National Health Information Clearinghouse (NHIC) frequently receives requests for toll-free telephone numbers that provide access to health information. This *Healthfinder* lists and briefly describes useful toll-free numbers that are available on a variety of health topics. The type of information available from these toll-free services and their hours of operation vary. Some of the numbers listed below offer recorded messages; others have staff available that will give personalized counseling and respond to specific questions. Except where noted, the numbers can be reached from the continental United States. Appearance on this list does not signify endorsement by the Department of Health and Human Services, the Office of Disease Prevention and Health Promotion, or the NHIC.

ACQUIRED IMMUNE DEFICIENCY SYNDROME (AIDS)

National Gay Task Force Crisisline
(800)221-7044
(212)807-6016 in NY, AK, and HI only

Offers basic information to callers on acquired immune deficiency syndrome, including symptoms, possible causes, and recommended preventive measures. Also provides referrals.

Public Health Service
AIDS Information Hotline
(800)342-AIDS in Atlanta

Provides information to the public on the prevention and spread of acquired immune deficiency syndrome.

ALZHEIMER'S DISEASE

Alzheimer's Disease and Related
Disorders Association
(800)621-0379
(800)572-6037 in IL only

Offers information on publications about Alzheimer's disease and related disorders available from the Association. Gives referrals to local chapters and support groups.

CANCER

AMC Cancer Information
(800)525-3777

Provides the latest information on causes of cancer, prevention, methods of detection and diagnosis, treatment and treatment facilities, rehabilitation, and counseling services. A service of AMC Cancer Research Center, Denver, Colorado.

Cancer Information Service (CIS)
(800)4-CANCER
(800)638-6070 in AK only
(202)636-5700 in DC area only
(808)524-1234 in Oahu, HI (Neighbor Islands call collect)

Answers cancer-related questions from the public, cancer patients and families, and health professionals. The CIS staff members do not diagnose cancer or recommend treatment for individual cases. Spanish-speaking staff members are available to callers from the following areas: California, Florida, Georgia, Illinois, northern New Jersey, New York City, and Texas. A service of the National Cancer Institute, U.S. Department of Health and Human Services.

CHILD ABUSE

Parents Anonymous Hotline
(800)421-0353
(800)352-0386 in CA only

Provides information on self-help groups for parents involved in child abuse.

National Child Abuse Hotline
(800)422-4453

Provides information and counseling on child abuse. Gives referrals to local social service groups offering counseling on child abuse.

CHILDREN

See also RUNAWAYS.

Childfind
(800)431-5005
(914)255-1848 in NY only

Offers an international locator service for missing children. The toll-free number is for those who have information about missing children. The local number is used for registering missing children.

Children's Defense Fund
(800)424-9602
(202)628-8789 in DC area only

Provides information on current legislation in Congress as it affects children. Answers questions on a variety of current issues relating to children, including health issues.

National Hotline for Missing Children
(800)843-5678

Operates a hotline for reporting sightings of missing children. A service of the National Center for Missing and Exploited Children.

Shriners Hospital Referral Line
(800)237-5055
(800)282-9161 in FL only

Gives information on free hospital care available to children under 18 years of age who need orthopedic care or burn treatment. Sends application forms to requestors who meet eligibility requirements for treatment provided by 21 Shriners Hospitals in the United States, Mexico, and Canada.

DIABETES

American Diabetes Association
(800)227-6776
(212)683-7444 in NY

Provides free printed materials, newsletter, and health education information and gives physician referrals and support group assistance information.

Juvenile Diabetes Foundation
International Hotline
(800)223-1138
(212)889-7575 in NY only

Answers questions and provides brochures on juvenile diabetes. Gives referrals to physicians and clinics.

National Down Syndrome Society Hotline
(800)221-4602
(212)764-3070 in NY only

Offers information on Down syndrome and gives referrals to local programs for the newborn. A free packet of information is available upon request.

DRUG ABUSE

National Cocaine Hotline
(800)COC-AINE

Answers questions on the health risks of cocaine and provides counseling to individuals who use cocaine and their friends and families. Also provides referrals. A service of Fair Oaks Hospital, Summit, New Jersey.

National Federation of Parents for Drug-Free Youth
(800)554-KIDS
(301)649-7100

Provides referrals to parent support groups and to drug abuse and alcohol treatment centers for parents of children with drug and alcohol problems.

National Institute on Drug Abuse Prevention Branch
(800)638-2045
(301)443-2450 in the Washington, D.C. metropolitan area

Offers information and technical assistance to schools, parent groups, business and industry, and national organizations in developing drug abuse prevention activities. The following services are not provided: crisis counseling, intervention treatment referral, information on the pharmacology of drugs, and information on the criminal aspects of dealing illicit drugs. Consumers seeking information on drugs and their abuse should contact local mental health centers, health departments, and health crisis lines or hotlines.

EPILEPSY

Epilepsy Information Line
(800)426-0660
(206)323-8174 in WA only

Provides information on epilepsy. The toll-free number connects callers with a recorded message and requests are answered by mail. The local number responds to emergency calls and to questions regarding epilepsy. A service of the University of Washington.

HANDICAPS

Job Accommodation Network
(800)526-7234
(304)293-7186 in WV

Offers ideas for accommodating handicapped persons in the work place.

and Physically Handicapped
(800)424-8567
(202)727-2142 in DC area only

Guides individuals incapacitated by short- or long-term illness to libraries that utilize the talking book service and provides a listing of books and magazines in Braille.

HANSON'S DISEASE

American Leprosy Missions
(800)543-3131
(201)794-8650 in NJ, AK, and HI

Answers questions and distributes materials on Hanson's disease.

HEALTH

American Medical Radio News
(800)621-8094

Offers prerecorded messages that highlight daily health news and feature stories. A service of the American Medical Association.

National Health Information Clearinghouse
(800)336-4797
(703)522-2590 in VA only (call collect)

Provides an information and referral service designed to bring together consumers and health information resources. Staff members do not diagnose or recommend treatment for medical conditions. A service of the Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services.

HEARING AND SPEECH

Hearing Helpline
(800)424-8576
(202)638-7577 in DC area only

Provides information on better hearing and the prevention of deafness. A service of the Better Hearing Institute.

National Association for Hearing and Speech Action Line
(800)638-8255
(301)897-8682 in HI, AK, and MD only (call collect)

Offers information on hearing and speech problems and distributes materials on pathologists and audiologists certified by the American Speech-Language-Hearing Association, hearing aids, and other topics related to hearing and speech.

National Hearing Aid Helpline
(800)521-5247
(313)478-2610 in MI only

Provides information on hearing aids and distributes a directory of hearing aid specialists certified by the National Hearing Aid Society.

Heartlife
(800)241-6993
(404)523-0826 in GA only

Answers questions on heart diseases and pacemakers and distributes a quarterly periodical titled *Pulse*.

HOSPITAL CARE

Hill-Burton Hospital Free Care
(800)638-0742
(800)492-0359 in MD only

Provides information on hospitals participating in the Hill-Burton Hospital Free Care Program. A service of the Bureau of Health Maintenance Organizations and Resources Development, U.S. Department of Health and Human Services.

INCOME TAX

Federal Internal Revenue Service for TDD Users
(800)428-4732
(800)382-4059 in IN only

Answers questions on Federal income tax, including questions on medical deductions for the cost of telecommunications devices for the deaf (TDDs), hearing aids, trained hearing-ear dogs, and sending deaf children to special schools. Accepts orders for the free publication *Tax Information for Handicapped and Disabled Individuals* and other free IRS publications.

INSURANCE

American Council of Life Insurance
Health Insurance Association of America
(800)423-8000
(202)862-4054 in DC area only

Answers general questions about life and health insurance; does not handle complaints regarding insurance claims.

KIDNEY DISEASES

American Kidney Fund
(800)638-8299
(800)492-8361 in MD only

Grants financial assistance to kidney patients who are unable to pay treatment costs. Also provides information on organ donations and kidney-related diseases.

LUNG DISEASES

National Asthma Center
National Jewish Hospital and Research Center
(800)222-5864
(303)398-1477 in CO only

Answers questions about asthma, emphysema, chronic bronchitis, juvenile rheumatoid arthritis, and other respiratory and immune system disorders.

MEDICARE MEDICAID

DHHS Inspector General's Hotline
(800)368-5779
(301)597-0724 in MD only

Handles complaints regarding fraud, waste, and abuse of Government funds, including Medicare and Medicaid. Assists people who have been overbilled or billed for services not rendered.

MOTOR VEHICLE PASSENGER SAFETY

National Highway Traffic Safety Administration
(800)424-9393
(202)426-0123 in DC area only

Provides information and referral on the effectiveness of occupant protection, such as the use of safety belts and child safety seats, and auto safety recalls. Staffed by technical experts who investigate consumer complaints and provide assistance in resolving problems. Gives referrals to other staff members within NHTSA or other Government agencies for consumer questions on warranties, service, sales, and auto safety regulations.

ORGANS

See also KIDNEY DISEASES and RETINITIS PIGMENTOSA.

The Living Bank
(800)528-2971
(713)528-2971 in TX only

Operates a registry and referral service for people wanting to commit their tissues, bones, vital organs, or bodies to transplantation or research.

Organ Donor Hotline
(800)24-DONOR

Offers an information and referral service for organ donations. This service is restricted to physicians and other medical personnel and is operated by the North American Transplant Coordinators Organization.

ORPHAN DRUGS

National Information Center for Orphan Drugs and Rare Diseases
(800)336-4797
(703)522-2590

Gathers and disseminates information on orphan drugs and rare diseases. The Center responds to inquiries from patients, health professionals, and the general public.

PARENTING

Parents Without Partners
(800)638-8078
(301)648-1320 in MD

Provides information to single parents and their children on child support and PWP chapters throughout the U.S. and Canada.

PARKINSON'S DISEASE

National Parkinson Foundation
(800)327-4545
(800)433-7022 in Fl only
(305)547-6666 in Miami area only

Answers questions about Parkinson's disease and provides written information on request. Gives referrals to physicians.

Parkinson's Education Program
(800)344-7872
(714)640-0218 in CA

Provides written materials including newsletters, glossary of definitions, and publications catalog; and offers patient support group information, doctor referral for medical information

PESTICIDES

National Pesticide Information Clearinghouse
(800)858-7378

Responds to questions about the health effects of pesticides. A service of the Environmental Protection Agency.

PRACTITIONER REPORTING

Practitioner Reporting System
(800)638-6725
(301)881-0256 in MD only (call collect)

Offers a service for health professionals to report problems with drugs or medical devices. A service of the Food and Drug Administration, U.S. Department of Health and Human Services.

PREGNANCY

Abortion Information Service
(800)321-0575
(800)362-1205 in OH only

Answers questions on abortion procedures and gives referrals to affiliated abortion clinics. Serves the eastern U.S., Michigan to Georgia and eastward. A service of member clinics.

Bethany Lifeline
(800)238-4269

Provides referrals to professional counseling services, adoption services, shepherding home care, and limited group home placement.

The Edna Gladney Home
(800)433-2922
(817)772-2740 in TX only

Provides a residence program for unwed pregnant women as well as counseling, schooling, and adoption services.

National Abortion Federation
(800)772-9100
(202)546-9060 in DC area only

Answers questions on pregnancy and abortion procedures. Gives referrals to affiliated abortion clinics. A service of member clinics.

National Pregnancy Hotline
(800)344-7211
(800)831-5881 in CA only

Provides counseling and referrals to pregnant teenagers.

Pregnancy Crisis Center
(800)368-3336

Provides a residential program for unwed mothers as well as shepherding homes for those over 18. Run by Family Life Services, the Center is also an adoption agency.

Southwest Maternity Center
(800)255-9612
(800)292-5103 in TX only
(512)696-7021 in TX for adoption information

Provides a residence program for unwed pregnant women. The Center is also an adoption agency and is a service of the Methodist Churches of Texas and New Mexico

PREMENSTRUAL SYNDROME

PMS Access
(800)222-4PMS
(608)257-8682 (WI)

Provides information, literature, and counseling on all aspects of PMS. Gives referrals to physicians and clinics in the caller's locale. Offers a bi-monthly newsletter. A service of the Madison Pharmacy Associates, Inc.

PRODUCT SAFETY

See also MOTOR VEHICLE PASSENGER SAFETY.

Consumer Product Safety Commission
(800)638-CPSC
(800)638-8270 TDD
(800)492-8104 TDD in MD only

Answers questions and provides free material on different aspects of consumer product safety, including product hazards, product defects, and injuries sustained as a result of using products.

RETINITIS PIGMENTOSA

National Retinitis Pigmentosa Foundation
(800)638-2300
(301)655-1011 in MD only

Covers genetics, current research, and retina donor programs. The toll-number connects callers with a recorded message regarding a packet of information on retinitis pigmentosa that will be mailed if the caller leaves an address. The local number connects callers with a specialist who can answer questions regarding retinitis pigmentosa

RUNAWAYS

See also CHILDREN.

National Runaway Switchboard
(800)621-4000

Provides counseling and traveler's assistance to runaways. Gives referrals to shelters nationwide

Runaway Hotline
(800)231-6946
(800)392-3352 in TX only

Provides assistance to runaways and contacts parents of runaways at the request of the child. Offers referrals to counselors and shelters. A service of the State of Texas.

SPINA BIFIDA

Spina Bifida Information and Referral
(800)621-3141
(312)663-1562 in IL only

Provides general information on spina bifida to consumers and health professionals and gives referrals to local chapters. A service of the Spina Bifida Association of America.

SPINAL CORD INJURY

Spinal Cord Society
(800)328-8253
(800)862-0179 in MN

Raises funds for research on reversing paralysis caused by spinal cord injury; provides monthly newsletter.

SPORTS

Women Sports Foundation
(800)227-3988
(415)563-6266 in AK, HI, and CA only

Provides information to women on sports, physical fitness, and sports medicine.

SUDDEN INFANT DEATH SYNDROME

National SIDS Foundation
(800)221-SIDS
(301)459-3388 or 3389 in MD

Provides written materials that give medical information and referrals, as well as information on support groups.

SURGERY

National Second Surgical Opinion Program Hotline
(800)638-6833
(800)492-6603 in MD only

Helps consumers locate a specialist near them for a second opinion in non-emergency surgery. A service of the Health Care Financing Administration, U.S. Department of Health and Human Services.

TOXIC SUBSTANCES

Toxic Substances Control Act Hotline
(800)424-9065
(202)554-1404 in DC area only

Answers questions on the use of asbestos in schools, polychlorinated biphenyls (PCBs), and chlorofluorocarbons (CFCs). Also provides regulatory guidance to industry on the Toxic Substances Control Act. A service of the Environmental Protection Agency.

VENEREAL DISEASES

VD Hotline (Operation Venus)
(800)227-8922
(800)982-5883 in CA only

Provides free and confidential information on sexually transmitted diseases and gives referrals for diagnosis and treatment. A service of the American Social Health Association and the United Way.

WATER SAFETY

United States Coast Guard 2nd District
(800)325-3474
(800)392-2623 in MO only

Provides information on boating safety.

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Office of Disease Prevention and Health Promotion

Public Health Service
U.S. DEPARTMENT OF HEALTH AND
HUMAN SERVICES

ABSTRACTS

Reports in Disease Prevention/Health Promotion

December 1985

The following articles, selected from the recent literature, are arranged according to the objectives presented in *Promoting Health/Preventing Disease: Objectives for the Nation*. Inclusion of a particular study's findings does not imply endorsement by the Public Health Service or the Office of Disease Prevention and Health Promotion.

Preventive Health Services

High Blood Pressure Control

How Free Care Reduced Hypertension in the Health Insurance Experiment, by E.B. Keeler, R.H. Brook, G.A. Goldberg, et al., *Journal of the American Medical Association*, October 11, 1985, 254(14), pp. 1926-1931.

More frequent contact between physicians and patients, brought about by free health care made available to the patients, led to better control of hypertension in this study of several varieties of health insurance. On the free plan, as opposed to a number of cost-sharing plans, patients were more likely to have physician visits and were more likely to have their hypertension diagnosed and confirmed. Blood pressures at the end of the experiment were significantly lower in the free-care group, and the benefit was even greater for low-income patients. However, quality-of-care analysis revealed that control of high blood pressure was far from complete, even under free care. The authors conclude that the free-care plan was moderately effective in controlling hypertension, but they note that for several other health measures, the plan brought about no significant improvement in comparison with the cost-sharing plans. Free care, they say, is an expensive and indirect way to help a few.

Medical School Education in Hypertension Management: A National Survey, by M. Moser, D.W. Rowden, D. Richardson, et al., *American Journal of Preventive Medicine*, September/October 1985, 1(5), pp. 12-17.

American medical education offers only limited instruction in the management of hypertension, these authors report, and they suggest that the amount of instruction available may be inadequate for a problem this widespread. In a survey of 90 medical schools, only 11 reported that they offered specific hypertension sections. Graduate medical students received an average of 18 hours of instruction in hypertension management over the course of four years. The survey also found little emphasis on hypertension at the levels of undergraduate and residency training. Noting that high blood pressure is the most common chronic illness in America, accounting for over 5 percent of all physician visits by adults, the authors conclude that the curriculum content for hypertension is inappropriately limited. They advocate increased emphasis on teaching hypertension management at all levels of medical education.

Nonpharmacological Control of Hypertension, by R. Stamler, J. Stamler, R. Grimm, et al., *Preventive Medicine*, May 1985, 14(3), pp. 336-345.

Controlled blood pressure can be maintained without medication in some hypertensive patients, these authors suggest. In this study, patients with high blood pressure successfully brought to normal by medication were removed from drugs and put in a program of nutrition counseling. Almost half the subjects maintained normal blood pressure over thirty months without returning to medication. The nutrition counseling involved attempting to achieve weight loss if overweight, reduction of sodium intake, and reduction of alcohol use. A second group was removed from medication but not given nutrition intervention; blood pressure control without drugs was successful in only 16 percent of these patients. The authors conclude that, with appropriate lifestyle changes, some hypertensive patients whose blood pressure has been well controlled pharmacologically can stop taking medication and maintain normal blood pressure. They encourage further investigation concerning nonpharmacological means as a first step in treatment or as a preventive measure.

Family Planning

Prevalence and Trends in Oral Contraceptive Use in Premenopausal Females Ages 12-54 Years, United States, 1971-80, by R. Russell-Briefel, T. Ezzati, and J. Perlman, *American Journal of Public Health*, October 1985, 75(10), pp. 1173-1176.

Use of oral contraceptives by American women declined between the early and late 1970s, according to this report of data from the second National Health and Nutrition Examination Survey (NHANES II). The overall decrease amounted to about two percent. Among females aged 12-19, oral contraceptive use increased, but this increase was more than offset by declining use among women aged 20-49. The decline was most pronounced among women with some college education. Among women whose education stopped with elementary school, oral contraceptive use increased. Demographic analysis revealed the decline was slightly greater among whites than Blacks, and that urban areas showed a larger drop than other residences. A related editorial in this issue discusses these findings in relation to the health consequences and benefits of oral contraceptives, concluding that patterns of contraceptive use have not yet reached a steady state and the pill may be making a comeback despite the declining figures.

Pregnancy and Infant Health

Does Participation in Prenatal Courses Lead to Heavier Babies? by Y. Robitaille and M.S. Kramer, *American Journal of Public Health*, October 1985, 75(10), pp. 1186-1189.

Prenatal courses studied in this report had little effect on birthweight, after adjustment for other factors, these authors report. Because women participating in prenatal courses tended to be older, of higher socioeconomic status, and less likely to smoke, their infants would be expected to be heavier at birth even without prenatal education. The study, of 1,676 women delivering in four Montreal hospitals, found a greater rate of smoking cessation among prenatal course participants than non-participants. However, the authors say, it is difficult to attribute this to the prenatal course, since most of the smoking reduction occurred during the first trimester and so may have been decided prior to course participation. While prenatal courses are not without benefits, the authors conclude, they may be a less effective method than is commonly assumed for reaching health objectives. With regard to an objective of increasing birthweight, they say, new ideas and interventions need to be developed and tested.

Sexually Transmitted Diseases

Rapid Identification of Penicillinase-Producing Neisseria Gonorrhoeae by Detection of Beta-Lactamase in Urethral Exudates, by D.N. Taylor, K.C.S. Chen, K. Panikabutra, et al., *The Lancet*, September 21, 1985, II(8456), pp. 625-626.

A fluorescent spot test can rapidly and reliably identify penicillinase-producing *Neisseria gonorrhoeae* (PPNG) in men, these authors say. The test was used as a method of detecting beta-lactamase in urethral discharges of men infected with gonorrhea in Thailand, where PPNG (which is resistant to treatment with penicillin) has become widespread. Specimens were cultured for confirmation of test results. The fluorescent spot test was positive for 91 percent of the men from whom PPNG was isolated. Only 4 percent of the non-PPNG samples had a positive fluorescent spot test result. The authors note that this test is rapid and inexpensive. They conclude that it is also sufficiently sensitive and shows promise for use in the large proportion of the world, including Europe and North and South America, in which PPNG is uncommon and penicillin is still the therapy of choice.

Health Protection

Occupational Safety and Health

Mortality of Lead Smelter Workers, by S.G. Selevan, P.J. Landrigan, F.B. Stern, et al., *American Journal of Epidemiology*, October 1985, 122(4), pp. 673-683.

Lung Cancer Mortality Among Men Living Near an Arsenic-Emitting Smelter, by G. Pershagen, *American Journal of Epidemiology*, October 1985, 122(4), pp. 684-694.

Mortality associated with smelters, one producing lead and the other copper, is the focus of these two studies. The first report listed above examines patterns of mortality among workers employed at an Idaho lead smelter between 1940 and 1965. A higher number of deaths than would be expected was found for chronic renal disease, respiratory disease, and injuries. With respect to chronic renal disease, risk increased with duration of employment at the smelter, a finding consistent with previous reports concerning persons occupationally exposed to lead. Many of the respiratory disease deaths were caused by silicosis or tuberculosis. The second study listed above investigates deaths from lung cancer among men who lived near a copper smelter in northern Sweden. In a case-control study, men living near the smelter had a relative risk for lung cancer twice as high as men from the same county living farther than 20 kilometers from the smelter. The increased risk could not be explained by smoking or occupation, and the risk for smelter workers and miners was higher yet. The author discusses the possibility that the smelter's emissions, which contain arsenic among other components, may have played a role in these deaths.

Fluoridation and Dental Health

Edentulism and Oral Health Problems Among Elderly Rural Iowans, by R.J. Hunt, J.D. Beck, J.H. Lemke, et al., *American Journal of Public Health*, October 1985, 75(10), pp. 1177-1181.

Edentulism (lack of teeth) was less common in this survey of elderly rural Iowans than it was in a national survey taken a decade earlier. These authors note that this finding may indicate a national decline in the edentulism rate, or may signify better dental health among this population than the national norm. The survey found that spouse's dental status was a good predictor of edentulism, suggesting that "within household" factors such as dental treatment patterns, diet, and fluoridation are important influences on permanency of teeth. Seventy percent of the edentulous people surveyed had not seen a dentist in over five years, but only seven percent felt they needed to see one. Many people reported loose or problematic dentures, with a prevailing attitude that such problems are to be expected and accepted. About 40 percent had dentures over 20 years old, and half these were over 30 years old. A related editorial in this issue discusses the improving dental health status of all ages in America. With continuing decline of dental caries, the editorial says, the typical types of treatment associated with adults of middle years will be pushed into the older years, bringing about changes for the dental profession.

Surveillance and Control of Infectious Disease

Acquired Immunodeficiency Syndrome

Effects of Suramin on HTLV-III/LAV Infection Presenting as Kaposi's Sarcoma or AIDS-Related Complex: Clinical Pharmacology and Suppression of Virus Replication In Vivo, by S. Broder, R. Yarchoan, J.M. Collins, et al., *The Lancet*, September 21, 1985, II(8456), pp. 627-630.

Suramin effectively impaired replication of the AIDS virus in patients in this study, although it did not bring about clinical improvement or renew activity by the immune system. The study involved ten patients with AIDS. Four of these patients showed evidence, before suramin therapy, of infectivity and replication of the AIDS virus, human T-cell lymphotropic virus type III (HTLV-III), also known as lymphadenopathy-associated virus (LAV). In three of these four, infectivity and replication became undetectable by the end of the five-week course of suramin therapy. However, viral replication again became evident in each case in the weeks or months following the end of therapy. Fever and skin eruptions were the most common side effects of suramin; urinary abnormalities also appeared. Based on the success of the short-term suramin therapy at suppressing virus replication, the authors conclude that long-term treatment should be evaluated.

Retrovirus and Malignant Lymphoma in Homosexual Men, by A.M. Levine, P.S. Gill, P.R. Meyer, et al., *Journal of the American Medical Association*, October 11, 1985, 254(14), pp. 1921-1925.

Several cases of malignant lymphoma associated with HTLV-III infection are reported here. The AIDS-related lymphomas tended to be high-grade B-lymphoid tumors. Of 20 homosexual patients with lymphoma, 15 had evidence of HTLV-III antibody. The clinical course of these patients was unusual in comparison with heterosexual patients without HTLV-III antibody. Unusual characteristics included a high rate of extranodal disease and central nervous system involvement. Additionally, the survival rate of the heterosexual patients was better than that of the homosexual patients. Further evidence that HTLV-III may be a factor in causing such lymphomas is the fact, cited by the authors, that the retrovirus which causes simian AIDS can cause tumors of this type when injected into normal monkeys. They conclude that the increasing appearance of malignant lymphomas of a distinctive type is linked in some way to AIDS.

Other Infectious Diseases

Combination of Mefloquine with Sulfadoxine-Pyrimethamine Compared with Two Sulfadoxine-Pyrimethamine Combinations in Malaria Chemoprophylaxis, by K. Win, Y. Thwe, T.T. Lwin, et al., *The Lancet*, September 28, 1985, II(8457), pp. 694-695.

Mefloquine in combination with sulfadoxine-pyrimethamine (MSP) is much more effective than sulfadoxine-pyrimethamine alone (SP) in preventing malaria, these researchers report. They tested the efficacy of MSP against SP administered at various intervals among 373 males who were occupationally exposed to high levels of malaria transmission in southeast Burma. The group receiving MSP showed improvement in hemoglobin levels and liver and spleen sizes. Only one member of this group had a positive blood film for malaria, compared to positive rates as high as 70 percent in one of the SP groups. The authors report that one malaria strain, *Plasmodium falciparum*, has been highly resistant to standard antimalaria drugs since 1981 in the area. They conclude that MSP will be effective in preventing this infection among persons continually exposed to it in such areas. However, they say, because of cost considerations and for purposes of prolonging the operational life of mefloquine for prophylaxis, it should be used in combination with SP, and only in groups that are at high risk.

Health Promotion

Nutrition

U.S.S.R. and U.S. Nutrient Intake, Plasma Lipids, and Lipoproteins in Men Ages 40-59 Sampled from Lipid Research Clinics Populations, by D.D. Ingram, M.D. Thorn, S.S. Stinnett, et al., *Preventive Medicine*, May 1985, 14(3), pp. 264-271.

This comparison of cholesterol levels between two nations that share a high rate of cardiovascular disease found some differences and many similarities between the two populations. A random sample of white males ages 40-59 in the United States and the U.S.S.R. was studied. The U.S.S.R. group tended to have higher mean levels of the beneficial high-density lipoprotein (HDL) cholesterol and lower levels of triglycerides. Differences in dietary components between the two groups included higher intake of saturated fatty acids and carbohydrates and lower intake of total fat and protein in the U.S.S.R. sample. Characteristics associated with high HDL cholesterol levels were similar in the two countries, despite the higher mean levels in the U.S.S.R. These correlates include lean body mass, abstinence from cigarette smoking, and low dietary carbohydrate intake. Such characteristics may have a protective effect against heart disease, the authors say. Long-term follow-up studies are under way in both the United States and the Soviet Union.

Control of Stress and Violent Behavior

The MRFIT Behavior Pattern Study, II. Type A Behavior and Incidence of Coronary Heart Disease, by R.B. Shekelle, S.B. Hulley, J.D. Neaton, et al., *American Journal of Epidemiology*, October 1985, 122(4), pp. 559-570.

Data from the Multiple Risk Factor Intervention Trial (MRFIT) reported here raise questions about the association which has been hypothesized between Type A behavior and increased coronary heart disease risk. Type A behavior, characterized by competitiveness, excessive drive, and time urgency, has been linked to heightened risk of heart disease compared to the contrasting Type B behavior pattern in several studies. However, the MRFIT behavior pattern study of 3,110 men found that after adjusting for other factors such as age, blood pressure, smoking, cholesterol, and alcohol use, the risk level was approximately equal between members of the two groups. Behavior pattern was assessed by interview among these subjects, and by a survey in a larger group of over 12,000 men. Results from the larger group also failed to support the Type A hypothesis. Due to the weight of evidence previously reported tending to confirm the hypothesis, the authors discuss several possibilities for the absence of an association in the MRFIT study. While some possible explanations involve the study's design and structure, the possibility is also explored that the Type A hypothesis is incomplete in its present form.

Crosscutting and Other Topics

The Independent Contributions of Socioeconomic Status and Health Practices to Health Status, by C.H. Slater, R.J. Lorimor, and D.R. Lairson, *Preventive Medicine*, May 1985, 14(3), pp. 372-378.

Socioeconomic status appears to have an effect on health status which is independent of individual health habits and practices, these authors say. Using data tapes from the 1977 Health Interview Survey, they examined the relationship between health status and socioeconomic status, as indicated by educational level, family income, and occupation. Health status was associated with number of positive health practices and with higher socioeconomic status, but the two factors were not substantially influenced by each other. When the positive effect of health practices was statistically controlled for, higher socioeconomic status was still significantly associated with better perceived health status. The authors conclude that health practices are not the sole factor linking higher socioeconomic status with better health.

Public Health Service Study on Reye's Syndrome and Medications, by E.S. Hurwitz, M.J. Barrett, D. Bregman, et al., *New England Journal of Medicine*, October 3, 1985, 313(14), pp. 849-857.

This pilot study found evidence for an association between Reye's syndrome and use of medications containing salicylates (such as aspirin) during illness preceding the onset of Reye's symptoms. The study, structured to examine methods for a larger study, examined 30 patients with Reye's syndrome and 145 controls who were matched for age, race, and antecedent illness. Twenty-eight of the 30 cases had received salicylates during the antecedent illness (93 percent), while only 46 percent of the matched controls had used salicylate drugs during the illness. Severity of illness did not explain this difference in medication exposure, since the symptoms of the Reye's cases tended to be less severe than symptoms among the control groups. The only other disparity in medications between cases and controls was a significantly higher use of acetaminophen by control group members. The authors conclude that these results are consistent with others demonstrating an association between Reye's syndrome and the use of salicylates during an antecedent illness. The larger research project for which this served as a pilot study is now under way.

Sunlight Exposure as Risk Factor for Intraocular Malignant Melanoma, by M.A. Tucker, J.A. Shields, P. Hartge, et al., *New England Journal of Medicine*, September 26, 1985, 313(13), pp. 789-792.

Exposure to sunlight may be an important risk factor for intraocular malignant melanoma, the most common malignant intraocular tumor among adults in America and Europe, these authors say. In this study matching 444 patients with controls, patients were more likely to have sunbathed, to have used sunlamps, and to have spent time in their gardens. Persons born in the southern United States had a risk factor for this melanoma 2.7 times higher than persons born in the North. Though complexion and hair color were not risk factors, blue-eyed persons had a higher risk than those with brown eyes. These findings associating sunlight exposure with higher risk indicate further resemblance between intraocular malignant melanoma and cutaneous melanoma; it was previously known that the common cell of origin was the melanocyte, and that dark-skinned populations are at lower risk for both tumors. The authors conclude that exposure to ultraviolet radiation may be an important risk factor for this melanoma, and they call for studies using other control groups.

Use of Medications and Vitamin-Mineral Supplements by Children and Youths, by M.G. Kovar, *Public Health Reports*, September-October 1985, 100(5), pp. 470-473.

Medications and vitamin-mineral supplements are widely used by children and youth in America, according to this report from the National Health Interview Survey. The survey, administered in 1981 to about 42,00 families, yielded information on over 15,000 children under age 18. Almost two-thirds of these children had used a vitamin-mineral supplement or some type of medication during the two weeks before the interview. Pain killers were the medication most frequently used, with 28 percent of respondents reporting use during the two-week period. Cough remedies had been used by over 13 percent, and non-steroidal skin preparations by almost 10 percent. Some 36 percent had taken vitamin-mineral supplements. Seasonal analysis revealed that use of medications by children was highest during the first three months of the year. Although the medications in use by children tend to be less powerful, on the average, than medications used by the elderly, the author notes that the possibility of drug interactions in children may sometimes be inadequately considered. These survey results, she concludes, should alert health care professionals to be aware that children may already be using medications when they arrive for treatment.

WHO European Collaborative Trial of Multifactorial Prevention of Coronary Heart Disease, by M. Kornitzer and G. Rose, *Preventive Medicine*, May 1985, 14(3), pp. 272-278.

The risk of coronary heart disease (CHD) in middle-aged men can be reduced by simple and cost-effective means, say these authors, speaking on behalf of the WHO Collaborative Group. The study involved large occupational groups as the study population, and intervention activities were undertaken at the workplace (66 factories were randomized for intervention or control). Intervention was directed toward lowering serum cholesterol, stopping smoking, reducing weight, daily exercise, and treating hypertension. Risk reduction was achieved in all areas with the authors estimating a combined reduction in risk of 11 percent. Fatal CHD was reduced over 7 percent. Men with early heart disease, detected at the beginning of the program through ECG abnormalities, benefited at least as much as the others. The authors conclude that such worksite health promotion programs can be effective in reducing CHD risk, although they caution that reductions are not dramatic and stipulate that extra staff is required. They also conclude that their unusual study design, avoiding influencing control subjects by designating entire communities as control groups, was successful for the evaluation of this type of program.

Staying Healthy

A BIBLIOGRAPHY OF HEALTH PROMOTION MATERIALS

Aging 1
Alcohol and Alcoholism 2
Allergies 3
Arthritis 4
Cancer 4
Cardiovascular Diseases 6
Dental Health 7
Diabetes 8
Digestive Diseases 9
Drugs and Drug Abuse 9
Family Planning 12
Health Promotion 12
Immunization 15
Infant and Child Health 15
Infectious Diseases 17
Medical Devices and Procedures 17
Mental Health 18
Neurological and Communicative Disorders 19
Nutrition 20
Physical Fitness and Exercise 22
Pregnancy and Childbirth 22
Respiratory Disorders 24
Sexually Transmitted Diseases 24
Skin Problems 25
Smoking 25
Sudden Infant Death Syndrome 26
Urinary Tract Infections 27
Vision and Hearing Impairments 27
Women's Health 27
X-Rays 28

Order single copies from: National Health Information Clearinghouse
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P.O. Box 1133
Washington DC 20013

National Health Information Clearinghouse **HEALTHFINDER**

A service of the Office of Disease Prevention and Health Promotion, Public Health Service, U.S. Department of Health and Human Services

LOCATING AUDIOVISUAL MATERIALS

Audiovisual (AV) materials for health and patient education are available in many formats and on many topics. Unfortunately, there is no comprehensive directory of these materials, so identifying and locating them can be difficult. This *Healthfinder* lists general sources to consult and then suggests strategies for locating AV materials on specific subjects.

Section I of the *Healthfinder* lists general AV directories of health-related AV materials for rent or sale. These reference books may be available at university, public, medical school, or hospital libraries. **Section II** cites directories that identify AV listings or producers but do not provide information on specific titles. **Section III** describes some databases that serve as online directories to audiovisuals. These databases can be searched through most major libraries. **Section IV** suggests ways to locate AV materials on specific health topics.

Appearance on this list does not signify endorsement by the Department of Health and Human Services, the Office of Disease Prevention and Health Promotion, or the National Health Information Clearinghouse.

I. CATALOGS OF AUDIOVISUAL MATERIALS

AQUI SE HABLA ESPANOL: A GUIDE TO SPANISH-LANGUAGE HEALTH AND PATIENT INFORMATION

Office of Communications
Health Resources and Services Administration
Parklawn Building, Room 14-43
5600 Fishers Lane
Rockville, MD 20857
(301) 443-2086 Free

National Clearinghouse for Primary Care Information
1555 Wilson Boulevard, Suite 600
Arlington, VA 22209
(703) 528-0870 Free

This booklet lists audiovisuals and inexpensive publications for health and patient education in Spanish. **ENTRIES:** Each item is described non-evaluatively in English, and Spanish titles are translated into English. Sources are given, but prices are not. Items listed are from professional and voluntary organizations, as well as Federal Government agencies and commercial sources. **ARRANGEMENT:** The catalog is arranged by topic, with separate sections for audiovisuals under each topic. 77 pp. (1980)

EDUCATION-FOR-HEALTH: THE SELECTIVE GUIDE; HEALTH PROMOTION, FAMILY LIFE, AND MENTAL HEALTH AUDIOVISUALS AND PUBLICATIONS

National Center for Health Education
30 East 29th Street
New York, NY 10016
(212) 689-1886 $90

Over 2,000 audiovisuals and publications assessed as "excellent" by the Mental Health Materials Center (MHMC) are included in this guide, which is an expanded and updated revision of *The Selective Guide*, previously published by the MHMC. Audiovisual materials are listed separately from publications. **ENTRIES:** Items are described and evaluated, and specific information about audience is given. Complete ordering information is provided for each item. **ARRANGEMENT:** Listings are categorized under approximately 80 different topics falling into eight main themes. There are separate title and subject indexes for the audiovisual section. 966 pp. (1983)

EDUCATIONAL FILM LOCATOR OF THE CONSORTIUM OF UNIVERSITY FILM CENTERS AND R.R. BOWKER COMPANY

R.R. Bowker Co.
205 East 42nd Street
New York, NY 10017
(800) 521-8110
(212) 916-1600 $50

The Consortium of University Film Centers has 52 institutional members (1978). This reference tool tells which of those universities holds a given film. **ENTRIES:** Entries give format and time information with a narrative, sometimes evaluative, description, and a code for each library that has the film. **ARRANGEMENT:** Titles are arranged alphabetically. A subject index includes information about audience level and codes for the producer/distributor of each film. A separate list in the back gives full names and addresses. The geographic location and lending policy of each of the institutions are also included. 2,611 pp. (2nd ed., 1980)

EDUCATORS' GUIDE TO FREE FILMS

Educators Progress Service, Inc.
214 Center Street
Randolph, WI 53956
(414) 326-3126 $27

Compiled and edited by John C. Diffor and Elaine N. Diffor. Prepared annually, this source directs the user of the 1983 edition to 4,523 films with no rental, service, or sales cost. Most of them are sponsored by trade associations or businesses. At their most complex, these films should be appropriate for high school students; there is no professional edition. There are 30 pages (215 listings) under the general subject heading Health and Physical Education. Relevant citations are also given at the heading Accident Prevention and Safety. **ENTRIES:** Brief descriptions are given for each film, and the intended audience level is often listed. **ARRANGEMENT:** The basic arrangement is by subject. There is a title index, detailed subject index, and annotated source and availability index. Practical information about dealing with the distributors is given in the source index, and each entry refers back to all items from that source. 744 pp. (43rd ed., 1983)

THE HEALTH SCIENCES VIDEOLOG

Video-Forum
96 Broad Street
Guilford, CT 06437
(800) 243-1234
(203) 453-9794 $49.50

Edited by Richard Beardsley. Over 1,000 of the 7,000 videotape programs listed here are for patient education. Other listings are intended for professional education in medicine and allied health fields. **ENTRIES:** Descriptive information includes source, order number, video formats, intended audience, and a brief content description. Price is also given. **ARRANGEMENT:** Videotapes are listed alphabetically by title in the main section. There is a subject index. Another section lists address, telephone number, and contact person for 198 producer/distributors. 381 pp. (1981)

HERC FILM AND VIDEO CATALOGUE

Hospital Educators Resource Catalogue
P.O. Box 30090
Lincoln, NE 68503
(402) 483-2646 $24.95

Oriented to the hospital educator, this source lists over 800 films and 1,100 videocassettes for patient and staff education. HERC Catalogues have previously been published annually. This 1984-85 edition is the first to combine films and videocassettes. **ENTRIES:** Format, time, and price information is given with a brief annotation of each item. **ARRANGEMENT:** The main section is arranged by manufacturer, with basic ordering information given before each source's AV listings. Subject and title indexes are also included. Approximately 300 pp. (1984)

MEDIA FOR SAFETY AND HEALTH

National Audiovisual Center
General Services Administration
Reference Section/RA
Washington, DC 20409
(301) 763-1896 Free

Current films, videotapes, and slide sets, all produced or sponsored by the Federal Government and most aimed at the general public, are included in this booklet. **ENTRIES:** Full annotations describe the content and intended audience for each item and give format, rental, and sale information. Awards are noted. **ARRANGEMENT:** The entries are arranged by subject, with separate sections for alcohol abuse, drug abuse, child health, safety, nutrition, and other health promotion topics. 39 pp. (1984) Note: This is just one of the specialized catalogs issued by the National Audiovisual Center. Others in this series of interest to health educators include *Alcohol and Drug Abuse Prevention* (1981), *Dentistry* (1983), *Industrial Safety* (1982), *Nursing* (1982), *Kits for Education* (1982), and *Medicine* (1983). All are available free. See also *Selected Audiovisual Materials Produced by the United States Government.*

MEDIA REVIEW DIGEST

Pierian Press
P.O. Box 1808
Ann Arbor, MI 48106
(313) 434-5530 $198

Containing some 40,000 citations and cross- references to reviews and descriptions of all non-book media, the Media Review Digest (MRD) emphasizes educational and instructional items, and now includes feature films as well. The MRD can be used to locate AV items without having to locate the reviews it indexes. **ENTRIES:** Short quotes from cited reviews are often given, and a plus or minus sign indicates the general tone of the review. producer or distributor for each item is given, and addresses are listed separately in the back. **ARRANGEMENT:** The four sections (Film and Videotape, Filmstrip, Record and Tape, and Miscellaneous Media) are arranged alphabetically by title. Subject indexes in each volume include the broad headings Health and Medicine, Child Care and Development, and Drugs and Alcohol. A second index has more specific headings, and a third allows search by Dewey Decimal Classification numbers. (Annual with semiannual supplements)

MEDICAL MEDIA DIRECTORY

United Business Publications, Inc.
Media Horizons, Inc.
475 Park Avenue South
New York, NY 10016
(212) 725-2300 $2

Constituting the entire June 1983 issue of *Biomedical Communications* and most of the February 1984 issue, this guide to programs for professional and public use lists materials from over 100 distributors. Listings include eleven different audiovisual formats. The publisher plans to update this directory annually in *Biomedical Communications.* **ENTRIES:** The entries are not annotated or evaluated, but a code marks materials intended for use with the general public or juveniles. Most of the materials are intended for a professional audience. **ARRANGEMENT:** The entries are arranged under 55 subject categories, and an alphabetical list of the distributors follows this main section. (Annual)

NATIONAL LIBRARY OF MEDICINE AUDIOVISUALS CATALOG

Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402
(202) 783-3238 $20 per year

Issued quarterly since 1978, this catalog contains all items from the National Library of Medicine's database, AVLINE (see Section III), except those pending review or not recommended. Like AVLINE, most of its titles are for professional education, but a few patient education audiovisuals are included. The fourth issue each year is a cumulation. **ENTRIES:** Full bibliographic and ordering information is provided. **ARRANGEMENT:** The entries are arranged alphabetically by title and by subject. Both title and subject sections include bibliographic and ordering information. Distributors' names and addresses are also included. (Quarterly)

NICEM INDEX TO HEALTH AND SAFETY EDUCATION - MULTIMEDIA

National Information Center for Educational Media(NICEM)
P.O. Box 40130
Albuquerque, NM 87196
(800) 421-8711
(213) 743-6681 $27.50

This index of relevant listings from the NICEM database (see Section III) lists approximately 17,000 audiovisual items in eight different media. Under the ten major headings in the subject index, subheadings are listed first, then specific media, then titles. **ENTRIES:** Specific format information, time, date, listings for both producer and distributor, audience level, and a brief description of content are included in the entries. **ARRANGEMENT:** Titles are arranged alphabetically in the main section. A subject index includes codes for audience level and producer/distributors. A directory of producer/ distributors at the end of Volume II gives addresses. Vol. I: 511 pp., Vol. II: 482 pp. (1980)

SELECTED AUDIOVISUAL MATERIALS PRODUCED BY THE UNITED STATES GOVERNMENT

National Audiovisual Center (NAVC)
General Services Administration
Reference Section/RA
Washington, DC 20409
(301) 763-1896 Free

The National Audiovisual Center is the central source for the Federal Government's audiovisuals and this is the most comprehensive of its catalogs. Of the NAVC's 13,000 titles are included in this catalog. An updated edition is planned for 1984. **ENTRIES:** Annotations are brief and nonevaluative and include format, producer, and price codes. **ARRANGEMENT:** The catalog is arranged by title. An outline of subjects and titles precedes the main section. See also *Media for Safety and Health*, above. 201 pp. (1984)

THE VIDEO SOURCE BOOK

National Video Clearinghouse
100 Lafayette Drive
Syosset, NY 11791
(516) 364-3686 $125

This book lists over 35,000 video programs from 700 distributors. While many are for entertainment, there are a substantial number that fall under the heading Health/Science. The purchase price includes a free softcover update. **ENTRIES:** Items are briefly described and entries include coded information on format, time, audience, date, awards, availability, and other relevant data. **ARRANGEMENT:** Titles are arranged alphabetically with two subject indexes. A separate index to videodiscs and a list of distributors is included. For libraries, the primary distributor is Gale Research Company, Book Tower, Detroit, MI 48226. Over 1,500 pp. (5th ed., 1983)

II. OTHER DIRECTORIES

AUDIO VIDEO MARKET PLACE (AVMP)

R.R. Bowker Company
205 East 42nd Street
New York, NY 10017
(800) 521-8110
(212) 916-1600 $45

Published annually since 1969, AVMP is a directory of companies and individuals involved in the entire audiovisual industry and the services connected with it. Manufacturers, distributors, and repairers of equipment, AV libraries, producers and distributors of AV materials, production services, and associations are all included. **ENTRIES:** Addresses, phone numbers, and names of major executives are given for each group included. A brief description lists functions, products, or other appropriate information. **ARRANGEMENT:** The major section lists producers, distributors, and services alphabetically by name. A classified index follows this listing. Special sections on associations, commissions, awards, periodicals, and reference books; a calendar of events; and a name index make up the final portion of the book. Advertising is included. 450 pp. (14th ed., 1984) (1982)

AV HEALTH: CURRENT PUBLICATIONS OF THE UNITEDSTATES GOVERNMENT

Scarecrow Press
Metuchen, NJ 08840
(201) 548-8600 $17.50

By Eutychia G. Londos. Pointing out that approximately 175 government agencies produce audiovisual materials and that most of these have their own catalogs, the author has put together a list of the 130 catalogs which include medical or allied health programs. This book is not a catalog of audiovisuals; it is, instead, a bibliography of catalogs. **ENTRIES:** Price and ordering information are given for each publication, along with details about its format and content. **ARRANGEMENT:** Agency sources are listed separately. A subject index is included. 218 pp. (1982)

PATIENT AND HEALTH EDUCATION AUDIOVISUAL RESOURCE LIST, 1983

Audiovisual Resources Section (AVRS)
Reference Services Division

National Library of Medicine (NLM)
8600 Rockville Pike
Bethesda, MD 20209
(301) 496-4244 Free

NLM's collection does not generally include materials for patients or general audiences, but the AVRS has developed this list in response to frequent requests for patient and health education audiovisual materials. Resources listed include corporations, university departments, government agencies, and professional and voluntary associations, as well as audiovisual distribution companies. **ENTRIES:** Entries are not annotated or evaluated, and no specific titles are mentioned. Address and telephone number are given for each entry. **ARRANGEMENT:** The resources are classified into six sections: sources of materials for health professionals in the development and delivery of patient education programs, sources for the general public, sources for the classroom, sources for foreign-language audiovisuals, sources for short television and radio public service announcements, and sources of materials for the hearing impaired. (Issued irregularly with supplements; the most recent edition is dated 1983)

III. DATABASES

AVLINE

National Library of Medicine
8600 Rockville Pike
Bethesda, MD 20209
(800) 638-8480
(301) 496-6393

Available on the NLM MEDLARS system since 1975, AVLINE primarily indexes professional education materials. However, it also includes some patient education materials on videocassettes, and these, like all NLM's videocassettes, are available through interlibrary loan. AVLINE contains over 12,000 citations and can be searched online at over 2,000 sites in the United States, including most medical libraries and a number of hospital libraries. Many of the titles cited have been reviewed for content quality by the Association of American Medical Colleges, and complete review data and abstracts are given. About 25 titles per week are added to the database. AVLINE lists over 500 distributors and complete information for ordering from them appears in the companion name authority file. **NOTE:** A microfiche version of the entries in AVLINE, titled *Health Sciences Audiovisuals,* began publication in April 1984. It provides cataloging information arranged by name, title, and subject in format similar to that of the printed (see Section I). Each quarterly issue is cumulative and supersedes the previous issue. Orders should be sent to the Superintendent of Documents, U.S. Government Printing Office, Washington, DC 20402; (202) 783-3238. The price is $13 for a single issue or $34 for four quarterly issues.

HEALTH AUDIO-VISUAL ONLINE CATALOG (HAVC)

Bibliographic Retrieval Service
1200 Route 7
Latham, NY 12110
(800) 833-4707
(518) 783-7251

Containing over 5,000 citations, HAVC is based on the holdings of participating Ohio health sciences libraries. AV materials for medicine, nursing, psychology, and allied health are included. A microform version is also available. This database is maintained by the Northeastern Ohio Universities College of Medicine.

NICEM (NATIONAL INFORMATION CENTER FOR EDUCATIONAL MEDIA)

DIALOG Information Services
3460 Hillview Avenue
Palo Alto, CA 94304
(800) 227-1960
(415) 858-3785

The NICEM database, originally compiled at the University of Southern California (USC), attempts "comprehensive coverage of non-print educational materials." It had reached 331,000 records when the last USC record was entered in 1980. The NICEM project is continuing at Access Innovations in Albuquerque, New Mexico, and new records are expected to be entered during the summer of 1984. Several sections of the database were published; the most relevant of these is the *NICEM Index to Health and Safety Education - Multimedia* (see separate entry in Section I).

NICSEM/NIMIS (NATIONAL INFORMATION CENTER FOR SPECIAL EDUCATION MATERIALS/NATIONAL INSTRUCTIONAL MATERIALS INFORMATION SYSTEM)

DIALOG Information Services
3460 Hillview Avenue
Palo Alto, CA 94304
(800) 227-1960
(415) 858-3785

A project associated with NICEM, this database also was compiled at USC. Plans for updating it have not yet been made. NICSEM/NIMIS indexes media and devices for use with handicapped children. Equipment, AV materials, Braille books, and many other items are included, covering a wide range of subject areas.

IV. OTHER RESOURCES

Many resources can help locate AV materials on specific health topics. Once a topic has been defined, consult sources such as the following to find relevant listings.

GOVERNMENT CLEARINGHOUSES AND INFORMATION CENTERS—Some Federal sources such as the National Clearinghouse for Alcohol Information can provide listings of relevant materials, or even supply audiovisuals themselves. Many of these sources can be identified by using another *Healthfinder,* "Selected Federal Clearinghouses and Information Centers," available from the National Health Information Clearinghouse by writing NHIC, Dept. AV, Box 1133, Washington, DC 20013-1133.

PROFESSIONAL AND TRADE ASSOCIATIONS—National groups such as the American Dental Association and the National Safety Council provide access to AV materials. These organizations, and other more specialized potential sources, can be identified through the *Encyclopedia of Associations* (published annually by Gale Research), available in most larger libraries.

MEMBERSHIP OR VOLUNTARY ORGANIZATIONS—National groups, and their State and local chapters, frequently can provide assistance in locating AV materials. The Planned Parenthood Federation of America and the American Lung Association are examples of such groups. These can also be located in the *Encyclopedia of Associations.*

JOURNALS AND INDEXES—A few periodicals exist primarily to review new films, videotapes, and other audiovisuals. Health-related AV materials will often be included. Journals for librarians are another source of reviews and listings. In addition, many subject journals such as the *Journal of Biocommunication* and *Public Health Reports* regularly list or review AV materials on health topics. The *Cumulative Index to Nursing and Allied Health Literature* lists titles that have been reviewed in the journals it indexes, and the *Media Review Digest,* described in Section I, indexes reviews from many journals.

STATE HEALTH DEPARTMENTS—Many departments loan AV materials on matters of public health. Contact the office of health promotion in your State health department.

LIBRARIES—More and more libraries are collecting and loaning videotapes, films, audiocassettes, and other AV materials. For example, the library of the University of Connecticut Health Center is compiling a list of its 4,300 audiovisuals available through interlibrary loan. In addition, several Ohio university medical school libraries put their audiovisual catalogs online (the Health Audiovisual Online Catalog, described in Section III). Check also local resources such as public library systems and libraries within school systems and hospitals.

MEDICAL PRODUCTS DISTRIBUTORS—Manufacturers of medical products and pharmaceuticals often produce audiovisuals for education and product endorsement. Examples are Pfizer Pharmaceuticals, Carnation, and Merck Sharp & Dohme. These corporations can be identified through the producer/distributor listings in the directories listed in Section I.

COMMERCIAL AUDIOVISUAL PRODUCERS AND DISTRIBUTORS— A number of companies specialize in health or mental health, and others have specialized catalogs for these fields. Most production companies work out their own distribution arrangements, and the distributors can be located through the listings in most of the reference books listed in Section I. When distributors of likely-sounding titles have been identified, write or call for a catalog.

National Health Information Clearinghouse HEALTHFINDER

A service of the Office of Disease Prevention and Health Promotion, Public Health Service, U.S. Department of Health and Human Services

HEALTH PROMOTION SOFTWARE

Health educators, other health professionals, and individuals who want to promote or develop good health habits are finding more and more uses for the microcomputer. This resource list describes many of the health education programs on the market today. The information in each entry was supplied by the vendor or producer. Included are brief descriptions of the program, compatible hardware, price, review information when provided, and audience. The audience is identified by one of the following codes: ELEM for the elementary grades or younger, SEC for grades 7-12, ADULT for college and above, and PROF for students in the health professions. A title index and a list of vendors' mailing addresses are included.

To help potential users decide what programs to buy, a guide to evaluating software appears at the end of this resource list, followed by a list of software review sources. However, please note that none of the programs described here has been evaluated by the Office of Disease Prevention and Health Promotion or by the National Health Information Clearinghouse. Inclusion on this list does *not* imply endorsement.

CHILD CARE

BABYSITTER'S MANUAL. Teaches babysitters about accident prevention and safety and how to seek aid after an injury. Also includes sections on infant and child care. **Control Health Software:** Apple; IBM-PC; $31; with classroom management system for Apple, $39. **SEC**

DISCOVERY PORTFOLIO. Includes two programs on child development, "Discover Your Baby: Birth to Two Years" and "Discover Your Child: Two Through Five Years." **BHT:** Apple II, II+, IIe; $69.95. **ADULT**

NEW BABY CARE. Covers all facets of caring for a new baby, including diet and feeding, hygiene, bathing, and sleeping habits. **Educational Images:** Apple II series; IBM-PC; $34.95; with classroom management system, $44.95. **Control Health Software:** Apple; IBM-PC; $31; with classroom management system for Apple, $39. **SEC-ADULT**

DIET ANALYSIS

THE DAILY MENU ANALYZER. Provides Recommended Dietary Allowances (RDAs) for 700 foods tailored to the age, sex, and nutrient requirements of the user. Analyzes daily diet and suggests ways to remedy deficiencies. Provides lessons on RDAs, labeling, calories, the eight essential nutrients, and the four food groups. **Orange Juice Software:** Apple II; $145. **SEC**

DIETICIAN. Indicates the composition of a particular food and values for a given amount and supplies a running total. Menus can be printed showing each item's nutrient composition. Uses a 700-item database. **Control Health Software:** Apple II+; $55. **ADULT**

THE DINE SYSTEM. Uses personal data to determine ideal caloric intake. Based on an expandable coded database of 3,500 foods, this program analyzes one's diet, compares it to an ideal diet, and calculates a DINE SCORE, which is an index of eating habits. (By Darwin Dennison) Reviewed in the *Journal of Nutrition Education*, June 1984. **The Dine System:** Apple II, II+, IIe, $75. **Control Health Software:** Apple II, IIe; $85. **SEC-ADULT**

EAT SMART. Uses a coded database of 136 foods to analyze a daily diet, calculating each user's consumption of the Recommended Dietary Allowances and making general suggestions for improvement. Reviewed in the *Journal of Nutrition Education*, June 1984. **The Pillsbury Company:** Apple II with Applesoft, II+, IIe, IIc; $19.75. **ELEM-ADULT**

THE EATING MACHINE. Analyzes diet using an expandable database of 500 items. **Muse Software:** Apple II series, $49.95. **Control Health Software:** Apple II+, IIe; $44. **ELEM-ADULT**

EATS. Analyzes reported dietary intake for one day. Printout includes total calories and sodium; percent of calories from protein, fats, and carbohydrates; and percent of the Recommended Dietary Allowances for selected nutrients. For nutrients in short supply, the program reports a few of their functions and sources. Reviewed in the *Journal of Nutrition Education*, June 1984. **Pennsylvania State University, Nutrition Education Center:** Apple II+, IIe; $75. **SEC-ADULT**

FAST FOOD MICRO GUIDE. Displays nutritional content of meals served by the major fast food chains. **The Learning Seed:** Apple II series; TRS-80 II, IV, $39-47. **Control Health Software:** Apple II; TRS-80; $32. **SEC-ADULT**

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  Pregnancy
  Safety and First Aid
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THE FOOD PROCESSOR. Compares diet to the Recommended Dietary Allowances (RDAs), drawing on a database of 1,500 foods and 26 nutrients. Daily intakes, menus, and recipes are compared to personalized RDA profiles. Other foods may be added. **ESHA Research:** Apple II series; IBM-PC. $120 ($84 for educators through January 1985). **SEC-ADULT**

HEALTH-AIDE. Uses an expandable, coded database of over 700 foods and 33 nutrients. Offers cost analyses, personal data tracker (for keeping track of values such as blood pressure and calories consumed), shopping lists, graphs, and menus for different calorie levels. Also calculates energy expenditures for physical activities. **Control Health Software:** Apple II, II+, IIe, IBM-PC; $74 **ADULT**

THE HEALTHY MEAL PLANNER. Contains a database of 600 foods and 125 recipes for planning meals. Provides a diabetic exchange program. Reviewed in the *Journal of Nutrition Education*, June 1984. **Abt Associates**: Apple II+ (64K). $500 **PROF**

HOME FOOD STORAGE. Provides a nutrient analysis of the foods stored in the home, based on the family's needs, and indicates the number of days' supply of each nutrient on hand. **University of Idaho**: Apple II, II+, IIe, III. $10.40; requires Epson MX80, FX80, or RX80 printer **ADULT**

IDAHO DIET ANALYSIS. Analyzes and evaluates nutrient intake based on age, sex, and physical activity for 1 day. Suggests supplements and foods to improve diet. Reviewed in *Nutrition Action*. **University of Idaho**: Apple II, II+, IIe, III; $10.40; requires Epson MX80, FX80, RX80, or Imagewriter printer. **ADULT**

INDIVIDUALIZED DIET MANAGEMENT. Helps dietitians calculate diets for purposes of weight and diabetes control. User enters information on client, such as age, weight, height, and servings of certain food groups. After receiving the input, the computer displays both the distribution of calories into protein, carbohydrate, and fat and the total number of exchanges for the applicable calorie levels. **AB Software:** Apple II series. Commodore series 8032, SuperPet 9000. $54.95 **ADULT**

INSHAPE. Analyzes carbohydrate, fat, protein, and calorie content of foods, using an uncoded database of over 1,800 items. Calculates point values for over 24 aerobic exercises and can plot 60-day and 52-week summaries. **Power Up**: IBM-PC with 80-column monitor, DOS 1.0/1.1 (64K), DOS 2.0 (96K). $95 **ADULT**

LIFELINE-NUTRITION. Provides nutritional analysis of any portion of nearly 900 foods. Also analyzes daily diet. Foods and recipes can be added to the data file. **Birdprints:** Apple II, IBM-PC; TRS-80 III; $150 **ADULT**

MENUCALC. Analyzes diet for calories and nutritional values, drawing from a 900-item database. **The Learning Seed:** Apple II, TRS-80 III, IV; $29. **SEC-ADULT**

MUNCHIES. Lets students examine and compare the nutrient profiles of a wide array of popular snacks. **Dietary Data Analysis:** Apple II+, IIe; TRS-80 III; IBM-PC and PCjr; $27.95 **SEC**

NUTRI-BYTES. Features a food additives database, diet analysis, and quiz on nutrition and additives. **Center for Science in the Public Interest:** Apple II series; IBM-PC; CP/M systems; $39.95 **SEC-ADULT**

NUTRI-CALC. Analyzes food for nutrients and calculates calories necessary to lose or maintain weight within a given period, taking five levels of physical activity into account. Also generates recipes and menus. A coded database of 730 foods, expandable to 1,000 on the Apple, is used. Reviewed in the *Journal of Nutrition Education*, June 1984. **PCD Systems:** Apple II+; IBM-PC (64K); TRS-80 II, III, 12, 16; Altos, Digital Equipment 350, TI series; Sage II; CP/M with 8-inch disk drives. $129 **Control Health Software:** Apple II+, IIe, III; TRS-80 II, III, IV, 12, 16; IBM-PC, XT; Columbia; Sage Corvus Concept; Altos 8000 series; $125 **ADULT**

NUTRICOM. Evaluates recipes and meals based on a database of up to 20 user-selected nutrients and up to 800 foods. Yield-adjusted recipes can be added to the data file. Meal evaluations are performed by code-free entries with options to modify the percent of deviations from selected Recommended Dietary Allowances for any sequence of meals. Reviewed in the *Journal of Nutrition Education*, June 1984. **Microcater Systems:** CP/M systems (64K); $195. **SEC-ADULT**

NUTRIDATA. Provides nutrient analysis of daily food intake for nine nutrients. Compares daily intake to the Recommended Nutrient Intakes for Canadians (1983) and Canada's Food Guide. Lists foods that should be included to improve the user's diet. Reviewed in the *Journal of Nutrition Education*, June 1984. **Nutrition and Diet Counseling Services:** Commodore with 4040 disk drive. $25 **ADULT**

NUTRILIZER. Allows user to create a personal food recipe and menu database, building on a file of 200 foods. Up to 26 nutrients can be analyzed. Provides tables and graphs. **ComCater:** Apple II+ with 2 disk drives. $500 **ADULT**

NUTRIPLAN. Analyzes meals or an entire day's food intake for 21 key nutrients, including calories, fats (saturated and unsaturated), vitamins, and minerals. Performs a comparison of the meal(s) versus the Recommended Dietary Allowances taking age, sex, pregnancy, and lactation into consideration. Database consists of 400 foods in 11 categories. User may add up to 75 or 200 foods to this database. **Micromedx:** Apple II series, III; IBM-PCjr, XT. $75 (75 foods); $95 (200 foods; this version requires more than 48K memory) **ADULT**

NUTRIQUEST. Calculates nutrition intake including percentage of a single nutrient, combinations of nutrients, ratios, means, standard deviation, and more. Reviewed in the *Journal of Nutrition Education*, June 1984. **Capitol Systems Group**: Apple IIe; IBM-PC, TRS-80 II; $500-$600. This program is available in three levels: I - $100; II - $350; III - $500. A version compatible with the IBM-PC is available in Level III for $700. **ADULT**

NUTRITION. Allows students to evaluate the nutritional quality of their diets and to explore the nutritional values of foods. Includes set of 25 student lab booklets and a teacher's manual. (By James R. Chandler) **Cambridge Development Laboratory:** Apple II+; color monitor desirable. TRS-80 I or III. $40. **SEC**

NUTRITIONAL PROFILE. Calculates calories, protein, fat, and carbohydrates in a person's diet. Gives recommendations for ideal weight and tells how diet may be improved, recommending the number of servings per day of fruits, vegetables, grains, protein foods, milk products, fat foods, and refined calorie foods. **Computerized Health Appraisals:** Apple II; IBM-PC; Commodore 64; TRS-80 II; $200 **SEC-ADULT**

NUTRITION, VOLUME 1. Performs nutritional analysis of foods consumed in a 24-hour period. Teacher's manual included. Reviewed in the *Journal of Nutrition Education*, June 1984. **MECC Distribution Center:** Apple II (32K) with Applesoft, II+, IIe; $46. **SEC-ADULT**

NUTRITION, VOLUME 2. Calculates caloric intake and shows its relationship to energy expended. Also determines how a list of foods meets recommended amounts of calories and nutrients. Teacher's manual and student worksheets included. Reviewed in the *Jour-*

nal of Nutrition Education. **MECC Distribution Center:** Apple II (32K) with Applesoft, II+, IIe; $45. **SEC-ADULT**

NUTRITIONIST. Contains a database of 730 foods which allows analysis of user diets. Generates diets along specified parameters. Displays Recommended Dietary Allowances of foods and meals. **N-Squared Computing:** Apple II+, IIe, III; IBM-PC; $145. **Control Health Software:** All Apples (48K); IBM-PC; $137. **SEC-ADULT**

NUTRITIONIST II. Contains data on 730 food items, allowing users to analyze current diet or create a new one. **N-Squared Computing:** Apple II; IBM; Zenith; TI Prof; Kaypro; CP/M Systems; $295. **Control Health Software:** All Apples (48K); IBM-PC; $275. **SEC-ADULT**

PROPLAN. Helps dietitians analyze food exchanges, based on a client's multi-day food record. Average daily calories, percent protein, percent fat, and percent carbohydrates (denotes percent sugar and percent alcohol) are compared to the Recommended Dietary Allowances. **Profile Associates:** IBM-PC; $79.95. **ADULT**

THE SALT SHAKER. Gives tutorial on salt in the diet and on hidden sources of sodium. A quiz and knowledge game test the user's understanding of the material. **The Learning Seed:** Apple II; TRS-80 III, IV; $39. **SEC-ADULT**

SALTY DOG. Examines the role of sodium in the diet and its effect on blood pressure. Analyzes a meal or a day's diet for sodium content and, using a game, teaches students to identify foods with high levels of sodium. Comes with a reference guide and student worksheets. **Dietary Data Analysis:** Apple II+, IIe; TRS-80 III, IBM-PC and PCjr; $27.95. **SEC**

SIMULATED LABORATORY EXPERIMENTS INVESTIGATING THE FUNCTIONAL PROPERTIES OF FOOD. Provides 25 simulations for chemistry students and food scientists analyzing foods. Students can obtain experimental data on the properties, characteristics, and functional properties of food quality and verify their approach to and solution of a food-related problem. (By Zoe Ann Holmes) **Oregon State University:** Apple II+, IIe; $15. **ADULT**

SWEET TOOTH. Teaches students to recognize the amount of sugar found in popular foods, using a game format. **Dietary Data Analysis:** Apple II+, IIe; TRS-80 III; IBM-PC and PCjr; $27.95. **SEC**

TO SALT...OR NOT TO SALT? THE SODIUM ANALYZER. Analyzes sodium content, in relation to individual daily requirements, of 300 foods. Lessons include functions, sources, and daily requirements of sodium as well as its role in hypertension. Includes a motivational game called "Guesstimate." **Orange Juice Software:** Apple II series; $100. **SEC**

WATCH YOUR CALORIES. Analyzes nutritional content of meals, using a 250-item database. **Sunburst Communications:** TRS-80 I, II, IV; $19.95. **ELEM-SEC**

WHAT DID YOU EAT YESTERDAY? Offers nutritional analysis using a 900-item database that includes brand-name foods. Reviewed in the *Journal of Nutrition Education*, June 1984. **The Learning Seed:** Apple II with Applesoft; TRS-80 III, IV; $39. **ELEM-ADULT**

WHAT'S IN YOUR LUNCH? Provides nutrient analysis using question-and-answer format and drawing on a database of 117 foods. Reviewed in *Learning*, January 1984. **University of California:** Apple II; PET; Atari; $24.95. **SEC-ADULT**

YOU ARE WHAT YOU EAT. Analyzes the individual user's daily meal plan, pinpointing the strengths and weaknesses of current eating habits. **Marshfilm Enterprises:** Apple II series; $39.95. **ELEM-ADULT**

ENVIRONMENTAL HEALTH

AIR POLLUTION. Provides a tutorial and simulation on carbon monoxide as a pollutant. Includes a set of 25 student worksheets and a teacher's manual. (By James R. Chandler) **Cambridge Development Laboratory:** Apple II+, color monitor desirable; TRS-80 I or III; $40. **SEC-ADULT**

BIOBITS. Deals with ecology issues: predator/prey relationships, population growth, and evolution. Each program includes a student pamphlet. (By T.B. Roos) **COMPress:** Apple II+, IIe; Bell and Howell; Franklin. **ADULT**

• **Life**	$60
• **Magic Flag**	$35
• **Growth**	$60
• **Interactions**	$60
• **Profiles in Population**	$60
• **Evolution**	$90
• **Nucleic Acid Connection**	$70
• **Analytics**	$60
Entire Set	$430

COEXIST - POPULATION DYNAMICS. Simulates two biological situations and allows students to control parameters such as initial population, number of offspring, and saturation points. Includes student notes and a teacher's guide. **The Microcenter:** PET (8K) with 2.0, 3.0, 4.0 BASIC (cassette). PET (16K) with 1.0 DOS and 3.0 or 4.0 BASIC (disk); $45. **SEC**

COMPUTERS IN THE BIOLOGY CURRICULUM. Provides simulation gaming and model building, computation, and data retrieval. Covers inheritance, predator/prey relationships, pond ecology, transportation, counter-current systems, human energy expenditure, and statistics for biology. Student instructor documentation is included. **The Microcenter:** Apple II with Applesoft. $100. **SEC**

ECOLOGY SIMULATION - 1. Allows students to make population estimates in four different programs. **Scholastic Software:** Apple II, II+. $29.95. **SEC**

ECO-PARADISE. Focuses on environmental issues, using an adventure game format. Participants are scored on an "ecological" scale of good practices. **Center for Science in the Public Interest:** Apple, IBM-PC, TRS-80; and others; $39.95. **SEC**

LIVING THINGS. Takes a brief look at plants, people, and animals—how we live together and help each other. Simple questions and a matching game complete this program. **Right On Programs:** Apple II with Applesoft, IIe, PET (32K) disk or cassette. Commodore 64 disk or cassette. Acorn disk. $18. **ELEM**

POPULATION FLUCTUATIONS. Gives tutorial and simulation on the basics of population dynamics. Includes a set of 25 student booklets and a teacher's manual. (By Patrick Corry and Michael Harmon) **Cambridge Development Laboratory:** Apple II+, TRS-80 I, III; $55. **SEC-ADULT**

POPULATION GROWTH. Simulates exponential growth, density dependent growth, variations in carrying capacity, and delays in regulatory response. Includes 50-page text. (By Darlene Southworth and Thomas Mercer Hursh, copyrighted by the Regents of the University of California) **COMPress:** Apple II+, IIe; Bell and Howell, Franklin. $70 **ELEM-SEC**

WATER POLLUTION. Teaches basics of water pollution through a tutorial and simulation. (By Michael Harmon) **Cambridge Development Laboratory:** Apple II+, color monitor desirable. TRS-80, I, III; $30 **SEC**

FAMILY PLANNING

CONTRACEPTIX. Assesses contraceptive needs of patients, indicates the best choices of oral contraceptives when indicated, and makes followup recommendations. **Medical Logic International:** Hewlett Packard 80, 100; $295. **SEC-ADULT**

NATURAL FAMILY PLANNING PERSONAL CHARTING PROGRAM. Charts fertility signals for use in natural family planning and calculates cycles. Stores 7-1/2 years of data. **Control Health Software:** Apple II+, IIe, III in emulation mode: $36. **ADULT**

GENERAL HEALTH

AN APPLE A DAY... Counsels user on a variety of common ailments, distinguishing between minor and more serious problems, and offers information on preventing disease. Also tracks immunizations, physician visits, X-rays, and other health information. **Avant-Garde Creations:** Apple II+, IIe, IIc; $79.95, IBM-PC; $99.95. **ADULT**

ELEMENTS OF MEDICAL TERMINOLOGY. Teaches students to recognize medical and anatomical terms. **Applied Microsystems:** Apple II series: $40. **SEC**

EPIDEMIC. Challenges the user to stop an epidemic. In this adventure game the user, as director of the Centers for Disease Control, must choose among ways to control a dangerous disease. **Strategic Stimulations:** Apple II, III; IBM-PC; $39.95. **ELEM-ADULT**

FAMILY MEDICAL ADVISOR. Analyzes health symptoms and identifies probable causes; for informational use only. **Navic Corporation:** Apple II series; $39. **SEC-ADULT**

FEELING GREAT. Makes students aware of how lifestyle and environment can affect health. **Educational Images:** Apple II Series; IBM-PC: $39. **SEC-ADULT**

FIRST OPINION. Permits the layman to determine the disease that best fits specified symptoms and tells which medical specialist should be consulted. Adult illnesses have been selected for this program based on prevalence and seriousness. A physician referral is made in every instance, and urgency is emphasized. **Medical Logic International:** HP-85 (16K) Series 80. $1 000. **ADULT**

GOOD HEALTH HABITS. Guides the student toward good health habits, using humor to teach facts about nutrition, sleep, dental care, and care of the eyes. **Right On Programs:** Apple II with Applesoft; PET 40, 80 disk or cassette; Commodore 64 disk or cassette; Acorn disk: $18. **ELEM**

GREAT BIOLOGY KNOWLEDGE RACE SERIES 1 and 2. Includes programs on human physiology, nutrition, reproduction and development, and the environment. **Focus Media:** Apple II series; $39 each program. **SEC**

HEALTH AWARENESS GAMES. Draws on extensive statistics about habits, health, and behavior as they relate to life expectancy. **HRM Software:** Apple II, II+, IIe; $99. **SEC-ADULT**

HEALTH MAINTENANCE, VOLUME I. Consists of four programs giving information on caloric intake, heart disease risks, nutrients, and toxins. Includes teacher's manual and student worksheets. Reviewed in the *Journal of Nutrition Education*, June 1984. **MECC:** Apple II series (48K). **SEC-ADULT**

HEALTH MAINTENANCE, VOLUME II. Consists of two programs. The first is a health risk appraisal, and the second uses skinfold measurements to project a more accurate ideal weight range than that provided by the height-weight charts. Teacher's manual and student worksheets included. Reviewed in the *Journal of Nutrition Education*, June 1984. **MECC:** Apple II (32K) with Applesoft: $45. **SEC-ADULT**

HEALTH: PHYSICAL AND EMOTIONAL WELL-BEING. Identifies factors that can affect physical and mental well-being. Tutorial mode gives explanations for every answer, correct and incorrect. Test mode operates without explanations. Topics include nutrition and physical fitness, grooming, and emotional and mental well-being. Teacher and student materials included. **Microlab:** Apple II, IIe, IIc; Commodore 64; IBM-PCjr; $35. **SEC**

KILLER T-CELL. Teaches the player about his immune defenses against cancer. A single cancer cell divides. The T-cell must be guided through a maze to find and destroy the cancer cells. Reviewed in *Prevention*, September 1983, and *Esquire*, June 1984. **M.D. Anderson Hospital:** Apple II+, IIe, IIc; $20, payable to the University of Texas (proceeds support cancer research). **ELEM-ADULT**

LIFE SKILLS. Extends students' understanding of the adult world. Each program in this series presents concepts at both the third- and fifth-grade reading levels. Programs related to basic living skills and health are listed below. **Aquarius Software:** Apple II; TRS-80, I or III; $29.95 per disk. **ELEM**

- **Decision Making**
- **Understanding Labels**
- **Consumerism and You**
- **Eating for Good Health**
- **Succeeding (coping with handicaps)**
- **Friends and You**
- **Self-Concept**
- **The Age of Responsibility**
  (for older students with low reading levels)
- **Shopping in a Comparative Way**

HEALTH PROFESSIONALS EDUCATION

ACLS SIMULATIONS. Helps medical, nursing, and paramedic students learn advanced cardiac life support (ACLS therapeutic algorithms). The program provides unlimited cardiac arrest simulations using clinical scenarios and ECG graphics. **University of Osteopathic Medicine and Health Sciences:** Apple II series; $45. **PROF**

AMBULANCE 10-33. Provides a review and pre-test for basic and intermediate emergency medical technicians. The program presents "street" scenarios with patient management problems typical of the pre-hospital emergency care setting. Cumulative and topic scores are provided. **University of Osteopathic Medicine and Health Sciences:** Apple II series; $35. **PROF**

STREET MEDICINE. Provides paramedics with a self-test and tutorial presenting prehospital management scenarios. A menu-driven program provides simulations of patient care problems involving trauma, medical emergencies, and advanced cardiac life support. **University of Osteopathic Medicine and Health Sciences:** Apple II series; $55. **PROF**

HEALTH RISK APPRAISALS

Many health risk appraisal programs are available for microcomputers. These assess an individual's, and sometimes a group's, health risks based on lifestyle, medical history, and other factors. To order a separate *Healthfinder* titled "Health Risk Appraisals," write to the National Health Information Clearinghouse, P.O. Box 1133, Washington, DC 20013-1133.

HUMAN PHYSIOLOGY

ADVENTURES IN FLESH. Uses an adventure game to teach human anatomy and physiology. **Krell Software:** Apple II; $49.95. **ELEM-SEC**

BIOFEEDBACK MICROLAB. Allows students to conduct biofeedback experiments. **HRM Software:** Apple II, II+, IIe; Commodore 64; $265 (includes probes, sensors, interface box). **SEC-ADULT**

BIOLOGY, VOLUME I. Teaches respiration, anatomy, mechanics of breathing, and respiratory problems. **Prentice-Hall:** Apple II series; ATA; Commodore 64; IBM-PC, PCjr;$39.95. **SEC**

BODY AWARENESS. Teaches young children about parts of the body and about appropriate clothing for the four seasons in a series of three games. Picture menus and operation with only the space bar allow children to use the program without adult supervision. Reviewed in *Educational Technology*, May 1984. **Learning Well:** Apple II+, IIe, IIc; $49.95. **Control Health Software:** Apple II (48K); $43. **ELEM**

BODY BASICS. Teaches basics of anatomy with graphics, sound, and music. **Control Health Software:** Atari (requires joystick); $18. **ELEM**

CELL DEFENSE. Teaches basic concepts of physiology and immunology through an arcade-style simulation. **HesWare:** Apple II series; IBM-PC; $34.95. **SEC-ADULT**

CIRCULATION. Introduces and describes six systems: blood, heart, arteries, capillaries, veins, and lungs. **Educational Images:** Apple II; $65. **SEC**

CIRCULATION: ORGANS. Covers blood, heart, arteries, capillaries, veins, and lungs, using tutorials and quizzes. **Eyegate Media:** Apple II with Applesoft; $45.50. **Control Health Software:** Apple II (48K); $28. **SEC**

CIRCULATION: SYSTEM. Presents functions and relationships of the organs of the circulatory system. Includes quizzes. **Eyegate Media:** Apple II with Applesoft; $44.50. **Control Health Software:** Apple II (48K); $28. **SEC**

THE DIGESTIVE SYSTEM. Covers structure, identification of parts, processing, absorption, and by-products. **Avant-Garde Creations:** Apple II with Applesoft, $29.95. **SEC**

THE DISAPPEARING DINNER. THE DIGESTIVE SYSTEM. Shows students what happens to the food we eat—how it begins to be broken down when chewed, and how the small intestine makes most of it usable to the rest of the body. Reviewed in *Landers Film Reviews*, March/April 1984, and *Classroom Computer Learning*, September 1983. **Marshfilm Enterprises:** Apple II series; $39.95. **ELEM**

THE EAR. Gives tutorial on the ear with options to learn either English or Latin terminology. **Cambridge Development Laboratory:** Apple II Series; $40. **ELEM**

THE EAR. Describes basic anatomy and physiology of the ear. A quiz tests students' knowledge of tutorial material. **School Specialty Supply Company:** Apple II, IIe; $24.95. **ELEM-SEC**

EXPERIMENTS IN HUMAN PHYSIOLOGY. Allows students to measure and record pulse rate, respiration rate, skin temperature, body temperature, and reaction times and to create graphs. Contains everything needed for ten experiments. **Learning Arts:** Apple II+; $199. **HRM Software:** Apple II, II+, IIe; $249. **SEC-ADULT**

THE EYES HAVE IT. Demonstrates vision, teaching about the structural parts of the eye and how each part works. **Marshfilm Enterprises:** Apple II series; $39.95. **ELEM**

THE FIVE SENSES AND YOU. Explains sight, sound, touch, taste, and smell. Can be used in conjunction with two sound filmstrips, which may be purchased for $40. **Eyegate Media:** Apple II+; PET 40 disk or cassette; Commodore 64 disk or cassette; TI-99/4 with Extended BASIC; $49.90 (Commodore); $59.90 (Apple or Texas Instruments). **ELEM**

HEALTH AND OUR BODIES. Explains in some detail how our bodies work, emphasizing the effects of good daily health habits. **Right On Programs:** Apple II with Applesoft; PET 32K, 40, 80, disk or cassette; Commodore 64, disk or cassette; Acorn disk; $18. **ELEM**

HEART. Gives tutorial and practice in identifying the parts of the human heart. Includes teacher's guide. **Learning Arts:** Commodore 64 disk or cassette; $22.90 (disk); $19.90 (cassette). **ELEM**

THE HEART. Covers blood flow structure, circulation, identification of heart chambers, and causes of heart attacks. **Avant-Garde Creations:** Apple II with Applesoft; $29.95. **SEC**

HEART LAB. Uses animated graphics to show how the heart works. Consists of a tutorial, drill, and pulse simulation exercise. (By Dennis Kurtz) **Cambridge Development Laboratory:** Apple II+; $55. **Educational Activities:** Apple II+, IIe; TRS-80 I, III; PET or Commodore 64 with emulator; Atari; $24.95 per disk or cassette, all models. **SEC**

HEARTBEAT/HEARTWORK/HEARTFLOW. Demonstrates blood flow through and around the heart. Includes a game and teaches heart terms. Has four reference units. **Educational Images:** Apple II series; $39.95. **SEC-ADULT**

THE HUMAN BODY. Graphically displays and teaches different systems of the body in seven separate lessons. A review test is included. Reviewed in *Teaching and Computers*, May/June 1984. **Cambridge Development Laboratory:** Apple II Series, $95. **Brainbank:** Apple; Commodore 64; PET; $90. **ELEM-SEC**

THE HUMAN BODY: AN OVERVIEW. Uses animated graphics to teach the major body systems and gives a review test. A teacher's guide is included. **Learning Arts:** Apple II (16K) with Applesoft, II+; PET (16K) disk or cassette $90. **The Microcenter:** Apple II (32K) with Applesoft; PET (16K) with 2.0 or 3.0 BASIC, disk or cassette; $90. **Brainbank:** Apple II Series; Commodore 64; PET; $90. **ELEM-SEC**

HUMAN SYSTEMS BIOLOGY KEYWORD. Teaches terminology of human anatomy with a question-and-answer game. **Focus Media:** Apple II series; TRS-80 III, VI; $39. **SEC**

MICROBE. Allows user to command the submarine Microbe, which has been shrunk to microscopic size and injected into the human patient. The user of this game program learns about anatomy, disease, medicine, and medical procedures while trying to save the patient. **Educational Images:** Apple II series; $49.95. **Synergistic Software:** Apple II+; $44.95. **ELEM-ADULT**

MICROSCOPIC JOURNEY. Provides a video game in which the object is to seek out and destroy bacterial and viral invaders that are threatening the body. **Hayden Software:** Apple II; $34.95. **Control Health Software:** Apple II, II+, IIe; $32. **ELEM-SEC**

MICROSURGEON. Simulates a battle between invading bacteria and body systems in an arcade-style adventure game. **Imagic:** IBM-PCjr; $34.95. **ELEM-ADULT**

A MIGHTY PUMP: THE HEART. Enables students to follow a red blood cell through the four chambers of the heart and the circulatory system. Includes interactive exercises and color graphics. Reviewed in *Landers Film Reviews*, March/April 1984, and *Classroom Computer Learning*, September 1983. **Marshfilm Enterprises:** Apple II series; $39.95. **ELEM**

NOW HEAR THIS. Illustrates sound waves, how sound begins, and what determines pitch and volume using sound effects. The three parts of the ear are described with computer graphics to show how each part contributes to our hearing. **Marshfilm Enterprises:** Apple II series; $39.95 **ELEM**

OUR BODIES. Uses a tutorial, a quiz, and a game to explain basic information about body systems and how to stay healthy. Wrong answers do not draw penalties or a strongly negative response. **Right On Programs:** Apple II with Applesoft, IIe; PET 32K, 40, 80 disk or cassette; Commodore 64 disk or cassette; Acorn disk; $18. **ELEM**

A "PUFF" OF AIR. THE RESPIRATORY SYSTEM. Creates a picture of air and names it "Puff." "Puff" takes the user with him as he travels through the body—in the nose, down the windpipe, and in and out of the lungs. **Marshfilm Enterprises:** Apple II series; $39.95. **ELEM**

REPRODUCTION. Defines the functions of the male and female reproductive organs and explains the entire reproduction process. **Educational Images:** Apple II; $65. **SEC**

REPRODUCTION: ORGANS. Covers male and female reproductive organs. This program requires a certain level of maturity because of the graphic presentation. **Eyegate Media:** Apple II with Applesoft; $44.50. **Control Health Software:** Apple II (48K); $28. **ELEM-SEC**

REPRODUCTION: PROCESS. Takes the student through the human gestation period from impregnation to birth. **Eyegate Media:** Apple II with Applesoft; $44.50. **Control Health Software:** Apple II (48K); $28. **ELEM-SEC**

SCIENCE SCHEMES: HEART AND CIRCUITS. Teaches the parts of the human heart (and on the same disk reinforces knowledge of electrical circuits). **The Microcenter:** PET (8K) with 2.0, 3.0, or 4.0 BASIC; $19.95. **ELEM-ADULT**

SKELETAL SYSTEM. Uses animated graphics to teach the basics of bones, joints, ligaments, and cartilage in five sequential programs. Includes teacher's guide. **Cambridge Development Laboratory:** Apple II Series; $75. **Learning Arts:** Apple II (16K) with Applesoft, II+; $70. **Brainbank:** Apple II series; Commodore 64; PET; $70. **SEC**

SMELL AND TELL. Teaches about the sense of smell and the protection from danger this sense gives us. The strong link between taste and smell is stressed and graphics show how taste buds work to send messages of sweet, sour, salty, and bitter to the brain. **Marshfilm Enterprises:** Apple II series; $39.95. **ELEM**

A TEAM TO DEPEND ON. OUR BONES AND MUSCLES. Teaches the way bones and muscles work together as a team to help people stand up, run, and play. Includes computer animation and quizzes. Reviewed in *Landers Film Reviews*, March/April 1984, and *Classroom Computer Learning*, September 1983. **Marshfilm Enterprises:** Apple II series; $39.95. **ELEM**

A TOUCHY SUBJECT. Compares the nerves to an alarm system. Experiments demonstrate touch, hot and cold, pressure, and pain. **Marshfilm Enterprises:** Apple II series; $39.95. **ELEM**

YOUR BODY—SERIES I. Combines quiz games and tutorials to teach human anatomy, including the digestive system, blood, and the circulatory system. Includes teacher's lesson planner. Complementary film strips are available. **Focus Media:** Apple II; TRS-80 (32K) I, II; PET (32K), disk or cassette; $120. **SEC**

YOUR BODY—SERIES II. Uses games to teach the muscular, skeletal, nervous, and endocrine systems. Complementary film strips are available. **Focus Media:** Apple II; TRS-80 (32K) I, II; PET (32K), disk or cassette; $120. **SEC**

MEDICINES

CONSUMER DRUG WATCHER. Guides patients and the general public in the safe use of medicines, both prescription and nonprescription. Contains two programs, "Drug Information" and "Drug Testing." The latter tests for drug, food, and alcohol interactions. **Control Health Software:** Apple II, II+; $37. **ADULT**

CONSUMERS' GUIDE TO PRESCRIPTION AND NON-PRESCRIPTION DRUGS. Describes the active ingredients and contents, methods of use, and effects of various over-the-counter and prescription medications and their generic substitutes. **Educational Images:** Apple II series; IBM-PC; $49.95; with classroom management system, $69.95. **Control Health Software:** Apple; IBM-PC; $45; with classroom management system for Apple $65 **SEC-ADULT**

NUTRITION EDUCATION

COMPUTING YOUR WAY TO BETTER NUTRITION. Provides sugar content of 64 popular breakfast cereals, chemical content of today's food, and nutrient values of common foods, including fast foods. This program, produced by the Minnesota Educational Computing Consortium (MECC), was formerly MECC Health Volume I. See **FOOD FACTS,** below. A teacher's guide is included. **Sunburst Communications:** Apple II (32K) with Applesoft, II+; $30. **Control Health Software:** Apple II with Applesoft, II+, IIe. $33 **SEC**

ELEMENTARY VOLUME 13—NUTRITION. Uses animation and graphics to introduce nutrition, including nutrient content of foods and calories expended. Includes teacher's manual. **MECC Distribution Center:** Apple II (32K) with Applesoft, II+; $46; Grades 5-8, Apple II, II+; $39.95. **ELEM-SEC**

FOOD FACTS. Consists of five programs: "Cereals," "Chemicals in Foods," "Fast Foods," "Food Graphs," and "Vitamins." Includes teacher's manual and student worksheets. Reviewed in the *Journal of Nutrition Education*, June 1984. **MECC Distribution Center:** Apple II with Applesoft, IIe; $45. **SEC-ADULT**

FOOD FOR THOUGHT. Tests nutrition knowledge and explains correct answers for seven categories of questions with two levels of difficulty. **Dietary Data Analysis:** Apple II, II+, IIe; TRS-80 III; IBM-PC and PCjr; $27.95. **SEC**

GREASE. Calculates amount of fat in a meal or diet and teaches about fat and cholesterol, and their association with heart disease. Comes with reference guide and worksheets. **Dietary Data Analysis:** Apple II+, IIe; TRS-80 III; IBM-PC and PCjr; $27.95. **SEC-ADULT**

NUTRITION. Teaches the basics of nutrition. **Educational Materials and Equipment Company:** Apple II series; $35; TRS-80 I, III, 4; $37. **SEC-ADULT**

NUTRITION AND FOOD GROUPS. Teaches nutrient content and demonstrates the importance of making good food choices. Includes "Lunch in the Computer Cafeteria," "Nutri-bingo," and a homework assignment. **MECC Distribution Center:** Apple II series; IBM-PC; $36. **SEC**

NUTRITION AND THE FOUR BASIC FOOD GROUPS. Compares the parts and operation of a ski resort to the six nutrients and the human body. The digestive system, vitamins, minerals, and the four food groups are investigated. Also includes a motivational review game, "Nutri-Asteroids." **Orange Juice Software:** Apple II series; $135. **ELEM-SEC**

NUTRITION PURSUIT. Teaches basic food facts and nutrition through a competitive game format, using question-and-answer programs. **The Learning Seed:** Apple II series; TRS-80 III, IV; $39-$47. **ELEM-SEC**

PIG-OUT (AN INTERACTIVE MEAL MAKER). Teaches basic concepts of food groups and exchanges, plots meals onto the screen, and displays a numeric bar graph summary of a meal's calories, percent of carbohydrates, percent of fat, and percent of alcohol. Compares these values to the Recommended Dietary Allowances. Available for keyboard or joystick data entry. The title "PIG-OUT" is surrounded by an international DON'T emblem, to be read as "DON'T PIG-OUT." **Profile Associates:** IBM-PC; $29.95. **ELEM-ADULT**

SNACKMASTER. Emphasizes the importance of choosing foods wisely in an arcade-style eating game. **The Learning Seed:** Apple II, II+; TRS-80 III, IV; Commodore 64; $39. **Control Health Software:** Apple II; TRS-80; $32. **ELEM**

PATIENT EDUCATION

BIRTH DEFECTS. Includes three programs on three disks: "Causes," which describes kinds of birth defects and what causes them; "Detection, Diagnosis, Treatment, and Prevention," which gives in-depth, wide-ranging information on each of these topics; and "Types of Defects," which describes diseases, effects, treatment, causes, transmission, and prevention and provides a research outlook. **Educational Images:** Apple II series; IBM-PC; $99.75; with classroom management system, $129.95. **SEC-ADULT**

EDUMED. Teaches patients about diabetes, hypertension, cancer, and angina in a series of 12 programs. Written at the fourth-grade level and paced to each individual's ability. **Medical Logic International:** Hewlett Packard 80, 100; $295. **SEC-ADULT**

MEDUCATOR. Includes five programs for cancer education, five for diabetes mellitus, one for hypertension, and one for angina. Learning progresses by steps. **Medical Logic International:** HP-85; $195. **ADULT-PROF**

PREVENTING LOW-BACK INJURY. Helps health professionals and organizations teach prevention and care for low-back injuries. Includes a user manual and fact sheets. **Sister Kenny Institute:** Apple II+; $300. **ADULT**

VENEREAL DISEASE. Describes venereal diseases, including their causes, effects, treatment, transmission, and prevention, and provides a research outlook. Includes syphilis, gonorrhea, herpes, and AIDS. **Educational Images:** Apple II series; IBM-PC; $34.95; with classroom management system, $44.95. **SEC-ADULT**

PHYSICAL FITNESS AND EXERCISE

AEROBICS. Features 18 different exercise routines, from beginning to advanced, and includes warm-up exercises, an aerobics sequence, exercises for specific body areas, and cool-down exercises. **Control Health Software:** Apple; IBM-PC; $40; Atari; Commodore 64 disks; $44. **ELEM-ADULT**

AEROBICS MASTER. Calculates exercise speed and records duration, aerobic points, distance, weathers, pulse rates, and location. Graphics are used to chart activity. **Control Health Software:** Apple II, II+, IIe, III; $24. **Free Lance Ink:** Apple II; $24.95. **SEC-ADULT**

BODY COMPOSITION. Determines degree of "fatness" by calculating body density and percentage of fat. Sex-specific norms and standards are shown for comparison and evaluation. **Computerized Health Appraisals:** Apple II; IBM-PC; TRS-80 III; $100. **ADULT**

BODY COMPOSITION—SKIN FOLD. Determines body fat through skinfold measurements, using the multiple regression equations developed by Drs. Gettman and Pollock. **Computerized Health Appraisals:** Apple II; IBM-PC; TRS-80 III; $100. **ADULT**

CARDIOVASCULAR FITNESS LAB. Monitors cardiovascular activity. Comes with a heart rate sensor, interface box, and teaching guide. **HRM Software:** Apple II, II+, IIe; Commodore 64; $165. **SEC-ADULT**

FITLOG. Calculates the amount of exercise a person has performed and then shows the number of calories expended. This program is most useful in exercise classes, where a summary of the week's or month's activities is desired. **Computerized Health Appraisals:** Apple II; TRS-80 III; $150. **ADULT**

FITNESS PROFILE. Generates a report giving results from fitness testing, including body fat, height and weight, grip strength, dynamic muscle strength, flexibility, balance, lung function, and aerobic capacity. Gives recommended values and a personalized exercise prescription. **Computerized Health Appraisals:** Apple II; IBM-PC; TRS-80 III; $250. **ADULT**

HEART AND EXERCISE. Instructs the student in how the heart works and how exercise affects it. A teacher utility program generates tests and worksheets. **Project REACT:** Apple II with Applesoft; $30. **SEC-ADULT**

JUMPING JACK FLASH. Examines the number of calories expended when working, playing, and resting. Comes with student worksheets and a reference guide. **Dietary Data Analysis:** Apple II+, IIe; TRS-80 III; IBM-PC and PCjr; $34.95. **SEC**

PHYSICAL EVALUATION PROGRAM. Inspires students to start and maintain a life-long exercise program. Four programs, 20 student manuals, and an audiocassette are included. **Educational Activities:** Commodore PET; TRS-80 I, III; Apple II+; $98 **SEC**

PHYSICAL FITNESS. Allows the user to design a personal exercise program based on guidelines from the President's Council on Physical Fitness and Sports. **Texas Instruments:** TI-99 41; $29.95. **SEC-ADULT**

THE RUNNING PROGRAM. Creates a daily running calendar, keeps records, graphs progress, and predicts race finish times. Also offers guidelines to improve performance and to select proper equipment. Compares performance to that of star athletes. Evaluates diet. **Control Health Software:** IBM-PC, XT, PCjr; $74. **ADULT**

STEP TEST. Calculates maximal oxygen intake from results of an exercise test, shows maximum levels reached and energy expended, and records pulse and blood pressure recovery rates. It then assigns a fitness category. **Computerized Health Appraisals:** Apple II; TRS-80 III; $100. **ADULT**

PREGNANCY

PREGNANCY AND PRENATAL BABY CARE. Teaches prenatal care, explaining the effects of infectious diseases, smoking, alcohol, X-rays, caffeine, drugs, rest, sex, exercise, and partner support. Describes common problems, childbirth, and family planning. **Educational Images:** Apple II series; IBM-PC; $69.95; with classroom management system for Apple, $89.95. **ADULT**

PREGNANCY AND YOU. Includes separate programs on "Pregnancy," "Prenatal Care," "Your First Check-up," "Diet," "Necessary Daily Foods," "Weight Gain," and "Nursing Your Baby." **Control Health Software:** Apple; IBM-PC; $31; with classroom management system for Apple, $41. **ADULT**

PREGNANCY PACKAGE. Includes the two programs described above. **Control Health Software:** Apple; IBM-PC; $55; with classroom management system for Apple, $75. **ADULT**

PRENATAL BABY CARE. Explains the effects of infectious diseases, smoking, alcohol, X-rays, caffeine, drugs, rest, sex, exercise, and partner support. Describes common problems, warning signals, and special care for special pregnancies. Discusses childbirth classes, labor anesthetics, care after delivery, and family planning. **Control Health Software:** Apple; IBM-PC; $31, with classroom management system for Apple, $41. **ADULT**

SAFETY AND FIRST AID

DRIVER'S EDUCATION PROGRAM. Teaches about traffic regulations and safety, covering the rules most common throughout the United States. A driver's test is included. **Opportunities for Learning:** Apple II; $49. **SEC**

FIRST AID AND SAFETY. Gives information on first aid topics. The 16 programs include "Basic Safety Rules," "Electrical Shock," "Cuts and Wounds," and "Care of Fractured Bones." **Control Health Software:** Apple II; Atari 400, 600, 800, 1200; TRS-80 I, III, IV; all cassettes requiring extra equipment, $56; study booklets and preand post-tests with overlay, $16; requires interface device. **ADULT**

FOOD POISONING, SANITATION AND PRESERVATION. Uses tutorial format and an arcade-style simulation to teach students the fundamentals of food sanitation and preservation. **Orange Juice Software:** Apple II+, IIe, IIc; $120. **ELEM-SEC**

HOME HEALTH DISK. Provides information on emergencies, health habits, and common disorders. Annual updates are planned. (By Karl Ritam) **Brahman Software:** Apple II+, IIe; $79.75. **SEC-ADULT**

HOME SAFE HOME. Includes four disks covering falls, fire, electrical hazards, and poisoning. An instructional guide and worksheets come with the disks. **MCE:** Apple II+, IIe; $165. **ELEM**

KEEPING SAFE. A PERSONAL SAFETY PROGRAM. Shows youngsters how to select the best response in various simulated encounters, from answering the telephone when they're alone to noticing that a stranger is following them. Teaches the principles of personal safety. **Marshfilm Enterprises:** Apple II series; $49.95. **ELEM**

POISON PROOF YOUR HOME. Teaches students how to guard against poisoning and what to do in case it does occur. The package includes worksheets. **MCE:** Apple II with Applesoft, II+, IIe; $210. **ELEM**

SMOKING

CONTROL SMOKING/CALM NERVES (Expando-Vision®). Uses subliminal messages to help user control smoking and calm nerves at the same time. **Control Health Software:** VIC-20; Commodore 64; Atari 400, 800 (diskette, cartridge, or tape); $37; requires electronic interface device. **ADULT**

SMOKER'S PROFILE. Depicts in bar graph mode the increase in mortality from 20 different diseases for the smoker as compared with the non-smoker. Decreased life expectancy is calculated, based on current smoking habits. **Computerized Health Appraisals:** Apple II; TRS-80 III; $100. **Control Health Software:** TRS-80, III, IV; $90. **ADULT**

WHY DO I SMOKE? Helps the user explore the reasons he or she smokes in a series of questions. **Advanced Medical Systems:** IBM-PC; $30. **ADULT**

WHY SMOKE? Prepares a graphic report on the factors that play a role in smoking: stimulation, handling, pleasurable relaxation, tension reduction, psychological addiction, and habit. Rates the relative strengths of each. **Computerized Health Appraisals:** Apple II; TRS-80 III; $50. **ADULT**

STRESS

CALMPUTE. Measures stress levels with a handheld biofeedback monitor, then teaches the user to relax through various games. The more one relaxes, the better one does at the game. **Hes-Ware:** Apple II series; $89.95. **ADULT**

ELIZA. Acts as a non-directive psychotherapist. The user types in statements and the program responds with a comment or question. **Artificial Intelligence Research Group:** Apple II series, III; IBM-PC; Commodore 64, all CP/M systems; $45. **Dynacomp:** most microcomputers except Apple and Commodore; $22. **ELEM-ADULT**

FEELING BETTER. Helps children reduce feelings of anger, depression, and anxiety by teaching them about the nature of feeling and emotions. **Dynacomp:** Apple II+, IIe, IIc; $39.95. **ELEM-SEC**

I CAN. Promotes awareness of available options to better manage stress. **Control Health Software:** Apple II; $28. **ELEM-ADULT**

LIFE DYNAMIC TRANSFORMATION. Employs diagrams and games to show how negative thought can stand in the way of achievement. This is a consciousness-raising program, designed for people who want to make changes in their lives. **Avant-Garde Creations:** Apple II+; $15.95. **ADULT**

RELAX. Offers a biofeedback stress reduction system. Includes workbook. **Synapse Software:** Apple II series; IBM-PC, PCjr; Commodore 64; Atari, Mindset; $139.95. **SEC-ADULT**

RELAX. THE STRESS REDUCTION SYSTEM. Allows the user to monitor levels of tension using three software displays and a biofeedback system. The package includes an EMG unit and a headband. **Synapse Software:** IBM-PC and PCjr, Apple II, II+, IIe, IIc, Commodore 64; Atari; $139.94. **ELEM-SEC**

STRESS MANAGEMENT. Helps define stress and its causes, measures the stress in the user's life, graphs it, and helps deal with it. **Control Health Software:** Apple II, II+, IIe; $29. **ADULT**

STRESS/POSITIVE THINKING (Expando-Vision®). Uses subliminal messages to help user control stress and develop positive thinking. Comes with probes, sensors, and an interface box. **Control Health Software:** VIC-20; Commodore 64; Atari 400, 800, (diskette, cartridge, or tape); $37; requires electronic interface device. **ADULT**

STRESS PROFILE. Shows in bar graph mode how a person is coping in six areas: health concern, energy levels, satisfying and interesting life, cheerful versus depressed mood, relaxed versus tense or anxious outlook, and emotional control and stability. Shows total stress score and compares with national norms. **Computerized Health Appraisals:** Apple II; IBM-PC; Commodore 64; TRS-80 III; $150. **ADULT**

SUBSTANCE ABUSE

ALCOHOL, AN EDUCATIONAL SIMULATION. Teaches the dangers of alcohol abuse. Program allows user to enter his or her own personal data and then monitors response to alcohol in various situations. Young people see how alcohol affects their reaction time and decision-making ability. Reviewed in *Landers Film Reviews*, May/June 1984. **Marshfilm Enterprises:** Apple II, II+, IIe, IIc; $49.95. **SEC-ADULT**

ALCOHOLIC TEST. Analyzes lifestyle and behavior for traits of alcoholism. **Andent:** Apple II, IIe; $20. **SEC-ADULT**

CONTROL DRINKING/RESPONSIBILITY (Expando-Vision®). Uses subliminal messages to help user control drinking and accept responsibility for actions. **Control Health Software:** VIC-20; Commodore 64; Atari 400, 800 (diskette, cartridge, or tape); $37; requires electronic interface device. **ADULT**

DRUGS. Describes the active ingredients and contents, methods of use, preparations, short- and long-term effects, prevalence of use, and legal status of various drugs, including cocaine, marijuana, minor tranquilizers, LSD, solvents, alcohol, amphetamines, caffeine, sedatives, hypnotics, opiates, tobacco, antihistamines, and PCP. **Educational Images:** Apple II series; IBM-PC; $49.95; with classroom management system, $69.95. **SEC-ADULT**

WEIGHT CONTROL

MASTER-CONTROL DIET AND EXERCISE PROGRAM. Gives instruction in exercise and nutrition, helps user identify eating problems and correct them. Tracks progress in reducing; 3,000-item database and over 100 exercises. **Control Health Software:** IBM-PC (128K, 2 disk drives); $62. **ADULT**

POINTS FOR A DIET. Offers a weight control, normal nutrition, and therapeutic diet educational package, based on Virginia Stucky's system of points. Audiocassettes and workbooks teach basic diet skills and behavior modification. The computer evaluates dietary intake and progress in eating habit change. **Diet Dimensions:** Apple II+, IIe, IIc (64K, 80 columns); PC-DOS, MS-DOS (64K); CP/M; $30; audiocassette and workbooks, $59.95. **ADULT**

WEIGHT CONTROL AND NUTRITION. Helps users balance meals and improve fitness through nutrition and weight tracking. Also creates weekly menus according to food preferences and target weight. **Texas Instruments:** TI-99/4A, data storage capability recommended; $39.95. **ADULT**

WEIGHT CONTROL/EXERCISE (Expando-Vision®). Uses subliminal messages to help user control weight and increase desire for exercise. **Control Health Software:** VIC-20; Commodore 64; Atari 400, 800 (diskette, cartridge, or tape); $37; requires electronic interface device. **ADULT**

WEIGHT PLANNING. Introduces the dieter to the relationships between caloric requirements and age, size, basal metabolic rate, and activity level. Calculates a weight reduction plan based on the amount of weight to be lost and the amount of time in which the dieter plans to lose it. **University of Idaho:** Apple II, II+, IIe, III; $10.40; requires Epson MX80, FX80, or RX80 printer. **ADULT**

WEIGHT WATCH. Helps user lose or maintain weight through a nutrition and exercise program. **The Learning Seed:** Apple II; TRS-80 III, IV; $39. **ADULT**

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EVALUATING HEALTH PROMOTION SOFTWARE

None of the software listed in this *Healthfinder* has been evaluated by the Office of Disease Prevention and Health Promotion or the National Health Information Clearinghouse. We therefore feel obligated to provide you with some caveats about the purchase of such software. Frankly, this is a very new field and the quality of such software varies tremendously. Many programs have been written by persons with inadequate background in health or health education. It is clearly a case of *caveat emptor*—let the buyer beware. The following guidelines, although not exhaustive, should provide the reader with the requisite information to become an informed consumer of health promotion software.

Needs Assessment. Prior to purchasing software it is important to examine very carefully your personal software needs. Most authorities agree that this is the first step before considering software. There is also general agreement that deciding on software is the first step in deciding on a hardware purchase.

It is useful to make a list of your intended uses of software before you visit a software store or send for any software. It is very easy to be impressed by the features of today's software, but always keep in mind that if it does not fit your specific needs it is not worth buying.

Documentation/Author's Credentials. The mystique surrounding the computer has created some peculiar consumers. Whereas it would be unacceptable for any journal or text author to make claims without proper references, many of the presently available health programs offer health risk appraisals and other predictions or information without adequately explaining formulas or references. Unfortunately, there seems to be something about the magical box that makes this acceptable to the uninformed.

Every program should provide information on the team or individual that developed the software. It should include their credentials and explain the development process. If this information is not included, contact the company and ask for it. It should also detail the assumptions and sources used. The educational objectives of the program should be clearly spelled out and the appropriate audience indicated. Be wary of programs that say they are appropriate for everyone.

Recommendations. Only a small number of health promotion programs have been critically reviewed by health professionals. This *Healthfinder* does reference available reviews as they were reported by the distributors, and sources of additional reviews are given below. Such reviews can be very helpful. Contact with someone who is using the software is also an excellent source of information.

Usability/Preview. Perhaps the best way to determine if the software is appropriate for your use is to try it. Good software stores will not hesitate to let you sit down and try out a program before you buy it. Many companies will allow you to preview a copy of a program, although some do not allow mailed previews because of widespread software "piracy." It is also uncommon with inexpensive programs.

Some programs are very difficult to use and the only way to be certain is to give them a try. Do not be overly impressed by packaging or fancy manuals. Some manuals are written by individuals unfamiliar with the program and others are written by authors that assume you know as much about programming as they do. Well written manuals are the exception.

Cost. This is an obvious limitation, but it is important to note that in many cases cost has little relationship to the quality of the product. Programs for under $100 are sometimes superior to programs selling for over $1,000.

Support/Training. Expensive software should provide training with the software and a "hotline" number for assistance. Less expensive software should include a telephone number for assistance and a quality instruction manual.

Compatability. As you know, not all software will work on all hardware. This is a serious limitation of health promotion software. It is imperative that the software purchased work with your equipment. As stated previously this is why most experts suggest selecting software before choosing hardware.

Written by Glen G. Gilbert, Ph.D., who at the time of writing was Assistant Director, School Programs, Office of Disease Prevention and Health Promotion.

SOURCES OF SOFTWARE REVIEWS

Digest of Software Reviews: Education. 301 West Mesa, Fresno, CA 93704. Provides approximately 200 reviews per year; $53.

The Educational Software Selector (TESS). Educational Products Information Exchange, P.O. Box 839, Water Mill, NY 11976. Includes a directory and evaluation guide as well as 5,000 short reviews; $49.

MicroSIFT Reviews. Northwest Regional Educational Laboratory, 300 Southwest Sixth Avenue, Portland, OR 97204. Provides about 100 reviews per year through 200 regional distributors, usually State or local education agencies. Write MicroSIFT Reviews for names and addresses. Also available through ERIC, paper $5.65, microfiche $.97.

1984 Educational Software Preview Guide. International Council for Computers in Education, University of Oregon, 1787 Agate Street, Eugene, OR 97403-1923. Provides about 500 reviews per year; $5.

Pro/Files. Educational Products Information Exchange, P.O. Box 839, Water Mill, NY 11976. Gives approximately 500 reviews per year; $180.

SOFTWARE SUPPLIERS

AB Software
P.O. Box 3737
Greenville, NC 27836

Abt Associates
55 Wheeler Street
Cambridge, MA 02138

Advanced Medical Systems
3519 South 1200 East,
Salt Lake City, UT 84106

Andent
1000 North Avenue
Waukegan, IL 60085

Applied Microsystems
P.O. Box 832
Roswell, GA 30077

Aquarius Software
P.O. Box 128
Indian Rocks Beach, FL 33535

Artificial Intelligence Research Group
921 North La Jolla Avenue
Los Angeles, CA 90046

Avant-Garde Creations
1907 Garden Avenue
Eugene, OR 94703

BHT
883 Stierlin Road B200
Mountain View, CA 94043

Birdprints
P.O. Box 5053
Vancouver, WA 98668

Brahman Software
P.O. Box 331
Castleton, VT 05735

Brainbank
220 Fifth Avenue
New York, NY 10001

Cambridge Development Laboratory
100 Fifth Avenue
Waltham, MA 02154-7583

Capital Systems Group
11301 Rockville Pike
Kensington, MD 20895

Center for Science in the Public Interest
1501 15th Street NW.
Washington, DC 20036

ComCater International
65 South Main Street
Pennington, NJ 08534

COMPress
P.O. Box 102
Wentworth, NH 03282

Computerized Health Appraisals
15431 Southeast 82nd Drive
Suite F
Clackamas, OR 97015

Control Health Software
18653 Ventura Boulevard #348
Tarzana, CA 91356

Diet Dimensions
P.O. Box 268
Litchfield Park, AZ 85340

Dietary Data Analysis
P.O. Box 26
Hamburg, NJ 07419

The Dine System
724 Robin Road
West Amherst, NY 14228

Dynacomp, Inc.
P.O. Box 18129
Rochester, NY

Educational Activities
P.O. Box 392
Freeport, NY 11520

Educational Images
P.O. Box 3456, West Side Station
Elmira, NY 14905

Educational Materials and Equipment
P.O. Box 17
Pelham, NY 10803

ESHA Research
606 Juntura Way SE.
Salem, OR 97302

Eyegate Media
3333 Elston Avenue
Chicago, IL 60618

Free Lance Ink
1806 Wickham Street
Royal Oak, MI 48073

Focus Media
829 Stewart Avenue
Garden City, NY

Hayden Software
600 Suffolk Street
Lowell, MA 01853

HesWare
150 North Hill Drive
Brisbane, CA 94005

HRM Software
175 Tompkins Avenue
Pleasantville, NY 10570

Imagic
981 University Avenue
Los Gatos, CA 95030

Kreil Software
1320 Stony Brook Road
Stony Brook, NY 11790

Learning Arts
P.O. Box 179
Wichita, KS 67201

The Learning Seed
21250 North Andover Road
Kildeer, IL 60047

Learning Well
200 South Service Road
Rosslyn Heights, NY 11577

Marshfilm Enterprises
P.O. Box 8082
Shawnee Mission, KS 66208

MCE
157 South Kalamazoo Mall
Mall Plaza Building, Suite 250
Kalamazoo, MI 49007

M.D. Anderson Hospital
Killer T-Cell
Box 6
6723 Bertner Avenue
Houston, TX 77030

MECC Distribution Center
3490 Lexington Avenue North
St. Paul, MN 55112

Medical Logic International
5 Pathfinder Drive
Sumter, SC 29150

Microcater Systems
22 Blue Hills Road
Amherst, MA 01002

The Microcenter
P.O. Box 6
Pleasantville, NY 10570

Microlab
2699 Skokie Valley Road
Highland Park, IL 60035

Micromedx
187 Gardiners Avenue
Levittown, NY 11756

Muse Software
347 North Charles Street
Baltimore, MD 21201

N-Squared Computing
5318 Forest Ridge Road
Silverton, OR 97381

Navic Corporation
Box 14727
North Palm Beach, FL 33408

Nutrition and Diet
Counseling Services
14504 Deer Ridge Drive SE.
Calgary, Alberta, Canada T2J 5W8

Orange Juice Software
222 South Washington
New Richmond, WI 54017

Oregon State University
Food and Nutrition Account
Corvallis, OR 97331
ATTN: Zoe Ann Holmes

Opportunities for Learning
20417 Nordhoff
Chatsworth, CA 91311

PCD Systems
P.O. Box 277
Penn Yan, NY 14527

Pennsylvania State University
Nutrition Education Center
University Park, PA 16802

The Pillsbury Company
Eat Smart Kit
Consumer Public Relations - 3286
Minneapolis, MN 55402

Power Up
125 Main Street
Half Moon Bay, CA 94019

Prentice Hall
General Publishing Division
P.O. Box 819
Englewood Cliffs, NJ 07632

Profile Associates
100 Eastowne Drive, Suite 202
Chapel Hill, NC 27514

Project REACT
Minnesota Department of Education
550 Cedar
St. Paul, MN 55101

Right On Programs
P.O. Box 977
Huntington, NY 11743

Scholastic Software
P.O. Box 7502
2931 East McCarthy Street
Jefferson City, MO 65102

School Speciality Supply Company
P.O. Box 1327
Salina, KS 67402-1327

Sister Kenny Institute
Publications/AV Office
800 East 28th Street
Minneapolis, MN 55407

Strategic Simulations
883 Stierlin Road
Building A-200
Mountain View, CA 94043

Sunburst Communications
39 Washington Avenue, Room B9393
Pleasantville, NY 10570

Synapse Software
5221 Central Avenue
Richmond, CA 94804

Synergistic Software
830 North Riverside Drive
Suite 201
Renton, WA 98055

Texas Instruments
Accessories Dept.
P.O. Box 53
Lubbock, TX 79408

University of California
Math/Computer Education Project
Lawrence Hall of Science
Berkeley, CA 94720

University of Idaho
Agricultural Communications Center
Ag Science, Room 111
Moscow, ID 83843

University of Osteopathic Medicine
and Health Sciences
EMS Software
3200 Grand Avenue
Des Moines, IA 50312

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National Health Information Clearinghouse HEALTHFINDER

A Service of Office of Disease Prevention and Health Promotion, Public Health Service, U.S. Department of Health and Human Services.

POSTERS FOR HEALTH PROMOTION

Posters can communicate information simply and concisely. For health professionals, they offer an appealing and eye-catching way to emphasize a healthy behavior or lifestyle, to create awareness of a health risk or hazard, or to publicize a health promotion/disease prevention program. Posters can be used alone, or in conjunction with other materials to reinforce health messages.

This *Healthfinder* describes health-related posters that are aimed at the general public and distributed by the Federal Government. These posters are suitable for display in a variety of settings, including schools, libraries, public buildings, businesses, and health facilities.

The *Healthfinder* is arranged by subject, and the posters for each subject are listed by distributor. Each entry gives the poster's title (in bold type), describes it, gives its dimensions, and tells whether it is in color or black and white (b/w). If the poster is designed for a specific audience, it is indicated in the description.

The posters are not available through the National Health Information Clearinghouse (NHIC). Complete ordering information is provided; to obtain copies, please contact the distributor directly. All the posters cited are available at no charge.

ALCOHOL ABUSE

National Clearinghouse for Alcohol Information
P.O. Box 2345
Rockville, MD 20852 (301)468-2600

Drinking a lot doesn't make you: tall, rich, strong, handsome, smart, witty, sophisticated, or sexy...just drunk; in fact it doesn't do a thing for you, except get you drunk. (color: 14"x17") Illustrates its message with 12 cartoons of a couple in a cocktail lounge, their date an obvious failure.

Great drink refusal #21. (b/w:17"x22") Depicts "Maw" from the famous painting "American Gothic" demonstrating that it is okay to say no to a drink.

If you drink a lot of beer, you drink a lot of alcohol. (color: 14"x17") Pictures five half-empty beer mugs.

The typical alcoholic American. (color: 14"x17") Contains 16 individual photographs of men and women of various ages, races, and backgrounds. With nine million alcoholic Americans, the message says, there is no such thing as typical.

CANCER

National Cancer Institute
Office of Cancer Communications
Building 31, Room 10A18
9000 Rockville Pike
Bethesda, MD 20892 (800)422-6237

Cancer prevention: the news is getting better all the time. (color: 11"x14") Urges people to write or call for a booklet on cancer prevention.

Good news is just a call away! (color: 17"x32") Lists toll-free number which consumers and health professionals can call to receive information on cancer prevention.

CHILDREN

Clearinghouse on Child Abuse and Neglect
Clearinghouse Branch
P.O. Box 1182
Washington, DC 20013 (301)251-5157

A commitment to children. Strengthening families, communities, and services. (color: 22"x35") Commemorates the Sixth National Conference on Child Abuse and Neglect.

National Maternal and Child Health Clearinghouse
38th and R Streets, NW.
Washington, DC 20057 (202)625-8410

Check marks for good health: blood tests, heights, weights, and dental exams. (color: 17"x21") Illustrates each concept with drawings of children and babies.

Parents of earth, are your children fully immunized? (color: 14"x22") Pictures robots R2D2 and C3PO from Star Wars.

DENTAL HEALTH

National Institute of Dental Research
Building 31, Room 2C-31
9000 Rockville Pike
Bethesda, MD 20892 (301)496-2883

This series on fluoride uses black and white photographs of people of various ages and races, with captions in color.

Adults need fluorides too! (color: 14"x20") Shows men and women of various ages and races, all smiling.

Are you sure she's getting all the fluoride she needs? (color: 12-1/2"x19") Consists of a close-up photograph of a wide-eyed white baby.

Are your children getting all the fluoride they need? (color: 12-1/2"x19") Depicts a smiling Black girl and boy of junior-high-school age.

Daily fluoride tablets for healthier smiles. (color: 12-1/2"x19") Shows three white children, each holding up a fluoride tablet.

Fluoride: guardian against tooth decay. (color: 12-1/2"x19") Pictures a white girl using a fluoride rinse.

Fluoride: the smile maker. (color: 12-1/2"x19") Shows a white toddler with a toothy smile.

Fluorides aren't just for kids! (color: 14"x20") Shows a smiling group of adult men and women of various ages and races.

Give a kid a healthy smile—use fluoride. (color: 12-1/2"x22-1/2") Depicts a young white child laughing.

Sealants + fluorides = maximum protection against cavities. (color: 14-1/2"x19") Presents a graphic diagram of a single tooth, showing how fluoride and sealants protect the surfaces.

Sealants and fluorides: a winning combination for tooth protection. (color: 14-1/2"x19") Pictures a white boy in a New York Yankees jacket grinning.

Smile—fluoride makes it so easy! (color: 12-1/2"x22-1/2") Portrays a Black teenager with a smile on his face.

Want a hot tip on a good investment? Use fluoride for a healthy smile. (color: 12-1/2"x19") Depicts a white baby.

Weekly fluoride rinses for a healthy smile. (color: 12-1/2"x19") Shows a group of Black and white children, all in their early teens, about to rinse with fluoride.

DRUG ABUSE

National Clearinghouse for Drug Abuse Information
P.O. Box 416
Kensington, MD 20795 (301)443-6500

The head of the class. (color: 17"x22") Depicts a class of young teenagers, with one boy asleep, apparently drugged.

It's a fact—pot hurts! (color: 17"x22") Includes drawings of teenagers, each one citing a disadvantage to smoking pot.

Just say no. (b/w: 17"x22") Depicts 2 marijuana joints.

School daze. (color: 17"x22") Depicts a teenage boy with a dazed expression and stresses the importance of saying no to drugs.

HANDICAPS

President's Committee on Employment of the Handicapped
Communications Division, Room 600
1111 20th Street NW.
Washington, DC 20036 (202)653-5044

Grasp an opportunity: employ disabled people. (color: 14"x18") Depicts a hand reaching down to another hand.

Has it become any less a rose? (color: 16"x20") Pictures a rose with one fallen petal.

Linking resources. (color: 14"x18") Illustrates a chain linking the words in the title. One end of the link has tools hanging from it, the other end has a computer and ink, and the middle has a symbol of wheelchair access.

An overlooked treasure: hire disabled people. (color: 14"x18") Shows diver finding a treasure chest.

A person with special needs becomes someone special through technology. (color: 14"x18") Combines a stylized drawing of a computer with a symbol of wheelchair access.

Tear down the barriers: hire disabled people. (color: 14"x18") Shows a person's hand ripping a newspaper.

There is a will if you provide a way; change barriers to opportunities, hire disabled workers. (color: 14"x18") Illustrates 3 steps which lead to an open door contrasted by a ramp upon which a light is shining.

Time to act: hire those who can. (color: 14"x18") Illustrates its message with a series of clocks—all but one having numbers on the faces, the exception having a symbol of wheelchair access.

Which employee is disabled? (color: 14"x18") Features 4 people working, none of whom have apparent disabilities.

HIGH BLOOD PRESSURE

National High Blood Pressure Education Program
High Blood Pressure Information Center
120/80 National Institutes of Health
Bethesda, MD 20892 (301)496-1809

Don't skip your blood pressure medication. (color: 16"x20") Pictures a man and a woman jogging; the text stresses that non-drug therapy is not a substitute for medication.

High blood pressure: treat it...and live. (color: 16"x20") Pictures a husband and wife and encourages patients to take their medicine every day.

High blood pressure: treat it...and live. (color: 16"x20") Features a physician handing a prescription to a man and stresses that although there is no cure for high blood pressure, it can be controlled.

High blood pressure. Treat it for life. (color: 12"x16") Shows a woman leaving a pharmacy with a bottle of medicine. The text stresses the need to follow doctor's instructions, control weight, limit salt intake, and take pills every day.

High blood pressure...you can't tell by the way you feel. (color: 16"x20") Depicts a woman holding a mirror; the text dispels the myth that high blood pressure has observable symptoms.

If you want all these tomorrows, take care of your high blood pressure today. (color: 17"x22") Repeats the word "tomorrow" in a variety of colors and typefaces.

Life savers. (color: 17"x22") Illustrates four ways of treating high blood pressure: exercise, medication, salt substitutes, and weight control.

Reach a new low. Take control of your blood pressure. (color: 17"x23") Features lifestyle activities that promote blood pressure control.

So you think you've been cured of high blood pressure. (color: 16"x20") Shows a cartoon figure throwing away his pills and explains why this is dangerous.

Their future is in your hands. Treat your high blood pressure every day. (color: 16"x20") Consists of a series of five posters with drawings of children representing various ethnic and geographical groups. Available in Spanish.

Think you know what "hypertension" means? (color: 16"x20") Depicts a cartoon figure reading a book and clarifies the distinction between hypertension and nervous tension.

MOTOR VEHICLE PASSENGER SAFETY

National Highway Traffic Safety Administration
Department of Transportation (NTS-13)
400 Seventh Street SW.
Washington, DC 20590 (202)426-3873

Don't be a tough act to follow! Fasten your seatbelt. (color: 17"x22") Shows "Crock" comic strip character being thrown from a camel and through a tree trunk; an unused seat belt swings from the camel's back.

Get it together. Please buckle up. (color: 16"x20") Shows a drawing of a seat belt.

Let the gripper win one for you. Fasten your seat belt. (color: 16"x24") Shows "Crock" comic strip character being thrown from Commandant Crock's jeep.

My kingdom for a safety belt. (color: 16"x24") Shows the King of Id, from the comic strip "Wizard of Id," being catapulted from his royal chair as it passes through a low gate.

Safer than a mother's arms. (color: 16"x20") Shows a mother fastening a child in a car safety seat.

National Highway Traffic Safety Administration
Department of Transportation (NTS-21)
400 Seventh Street SW.
Washington, D.C. 20590 (202)426-2180

Cruising. (color: 20"x24") Shows a picture of a video game called "Cruising." Instructions include (1) You control your driver's license, (2) Rack up points by avoiding "brew," and (3) Remember...boozing and cruising is losing.

Friends don't let friends drive drunk. Drive your friend home, have your friend sleep over, call a cab. (color: 13-1/2"x18") Illustrates the advice with cartoon drawings.

Want to change your lifestyle? It's easy, lose your driver's license. (color: 24"x32") Pictures a businessman with briefcase getting a ride to work in an old pickup truck filled with hay, birdfeed and chickens.

Wouldn't it be a pain to lose your driver's license? (color: 24"x32") Illustrates a teenage couple at the drive-in movie sitting on the pavement.

OCCUPATIONAL SAFETY

Occupational Safety and Health Administration
Publications Distribution
Department of Labor
Room S-4203
Washington, DC 20210 (202)523-8148

Job safety and health protection. (b/w: 10"x16") Explains the requirements, for both employees and employers, of the Occupational Safety and Health Act of 1970; not illustrated.

PHYSICAL FITNESS

President's Council on Physical Fitness and Sports
(PCPFS)
Director of Information
405 Fifth Street NW., Suite 7103
Washington, DC 20001 (202)272-3430

Consistency. (color: 14"x22") Shows the Chairman of the PCPFS and conveys the message that inconsistency will win some of the time while consistency will win most of the time.

Get ready, get fit, go for it! (color: 17"x22") Shows adolescent girl completing a broad jump. The address is given for individuals interested in the Presidential Physical Fitness Award.

If you're not in shape, everything is too much work. (color: 14"x18") Shows the Chairman of the PCPFS and athletes working, encouraging America to "shape up."

Keep fighting. (color: 15"x22") Depicts the Chairman of the PCPFS encouraging people to keep fighting and work hard.

SMOKING

Office on Smoking and Health
Technical Information Center
Park Building, Room 1-10
5600 Fishers Lane
Rockville, MD 20857 (301)443-1690

Cigarette mash. (color: 18"x23") Depicts multicolored sneakers stamping out cigarettes and graffiti conveying the message.

Don't you get hooked! (color: 16"x21") Portrays a fisherman's hook catching an underwater puffer by the cigarette butt. Available in Spanish.

This is a dumb bunny! (color: 16"x21") Shows a rabbit with a cigarette in his mouth.

SOCIAL SECURITY

Social Security Administration
Office of Governmental Affairs
6401 Security Boulevard
Baltimore, MD 21235 (301)594-1988

Social Security: a family protection plan. (color: 9"x14") Shows a picture of a man and wife holding their children and points out that Social Security provides coverage for family members.

Social Security: a lifetime of protection. (color: 9"x14") Shows black men at three ages and points out that Social Security offers protection for all stages in life.

Are you ready to apply for Social Security benefits? (color: 11"x15") Explains how to apply; not illustrated.

You don't have to retire to get Medicare. (b/w: 11"x14") Recommends applying for Medicare 2 to 3 months before age 65. Pictures a large, old fashioned pocket watch.

Social Security: partnership with tomorrow. (color: 9"x14") Commemorates the 50th anniversary of the Social Security program using the number 50 and the logo of the Department of Health and Human Services.

WOMEN'S HEALTH

National Clearinghouse for Family Planning Information
P.O. Box 12921
Arlington, VA 22209 (703)558-7932

DES. The wonder drug women should wonder about. (color: 17"x24") Explains that DES has been linked with medical problems in the children of women who took it, and urges women to contact their doctor or local health department to find out if they were given this drug. Available with a picture of a white woman or Black woman, and in Spanish.

X-RAYS

Center for Devices and Radiological Health
Food and Drug Administration
5600 Fishers Lane (HFZ-265)
Rockville, MD 20857 (301)443-4190

Pregnant? Or think you might be...tell your doctor before getting an x-ray or prescription. (color: 17"x21") Superimposes the message on a pregnant figure. Available in Spanish.

X-rays...Get the picture on protection. (color: 16"x22") Discusses precautions to take before getting an x-ray, illustrating each with a drawing. This poster can be used in conjunction with an audiovisual package on x-rays, available from this agency.

WORKSITE HEALTH PROMOTION:

A BIBLIOGRAPHY OF SELECTED BOOKS AND RESOURCES

Office of Disease Prevention and Health Promotion
Public Health Service
Department of Health and Human Services
June 1983

WORKSITE HEALTH PROMOTION:
A BIBLIOGRAPHY OF SELECTED BOOKS AND RESOURCES

This annotated list of selected resources was developed to assist individuals in planning and implementing health promotion/disease prevention programs at the worksite. It is organized into five sections:

- Worksite Health Promotion Publications: General............
- Worksite Health Promotion Publications: Specific Content Areas...
- Health Newsletters for Employees..........................
- General Health Promotion Publications......................
- Additional Resources.......................................

Inclusion in this list does not signify endorsement by the Office of Disease Prevention and Health Promotion or the Department of Health and Human Services.

WORKSITE HEALTH PROMOTION PUBLICATIONS: GENERAL

An Approach to Good Health for Employees and Reduced Health Care Costs for Industry
By Charles A. Berry, M.D.
1981
36 pages
Available from: Health Insurance Association of America
1850 K Street, NW
Washington, DC 20006
Single copy free. Additional copies $2.00

Dr. Berry reviews background information about our nation's health status emphasizing that the top killers in the 80s are related, in large part, to our lifestyles. He reviews what companies currently are doing and the cost savings they have estimated from a health promotion program. The book identifies the major health risk factors and their potential impact on employees' health and presents a series of steps for developing an employee health program.

Building a Healthier Company
Developed by Blue Cross & Blue Shield Association, President's Council on Physical Fitness and Sports, and American Association of Fitness Directors in Business and Industry
1978
17 pages
Available from: Blue Cross & Blue Shield Association
676 N. St. Clair Street
Chicago, IL 60611
Free

A brief look at what businesses are doing to keep their employees healthy and why the businesses think it's a worthwhile investment. Also, some basic steps in program development are included, along with information about some of the costs and effects on productivity, as well as some cautions about pitfalls in developing programs.

Corporate Fitness & Recreation: The Journal for Employee Health and Services Programs
Bi-monthly magazine
Approximately 54 pages
Available from: Barrington Publication, Inc.
825 S. Barrington Avenue
Los Angeles, CA 90040
$40 per year

While a majority of the advertisers in this new publication are promoting physical fitness products and services, the editorial content covers a wide variety of topics of interest to the field.

Employee Health and Fitness
Monthly newsletter
12 pages
Available from:
American Health Consultants, Inc.
67 Peachtree Park Drive, NE
Atlanta, GA 30309
$87 per year

A monthly review of news, features, and resources of interest to persons involved in employee health and fitness programs.

Employee Health Promotion: A Guide for Starting Programs at the Workplace
Developed by HealthWorks Northwest
1983
92 pages
Available from:
HealthWorks Northwest
Puget Sound Health Systems Agency
601 Valley Street
Seattle, WA 98109
$15.00

Step-by-step instructions liberally sprinkled with examples and worksheets make this guide a valuable addition to the library of anyone starting a worksite health promotion program. More than most how-to books, this one focuses on cost containment as management's reason for starting a program. It also places heavy emphasis on the use of an employee committee as key planners in the process and identifies key "decision points" where presentations must be made to management and where "go, no-go" decisions must be made.

Employer's Guide to Health Promotion in the Workplace
Developed by the Minnesota Coalition on Health Care Costs and Minnesota Department of Health
1981
41 pages
Available from:
Minnesota Coalition on Health Care Costs
Suite 440, Health Associations Center
2221 University Avenue SE
Minneapolis, MN 55414
$3.00

The introduction to the publication states, "This guide is the result of a cooperative effort by business and health professionals to clarify the promise of a health activity that is attracting employers' interest in Minnesota. Health promotion and risk reduction programs are defined in theory and in practice. The intent is to display the substantial medical and economic credibility of these programs and to allow decision makers to select between alternative programs." Chapters are included on costs; the promise of health promotion; programs; tools including assessments, risk appraisals, screening, group education, contracts, and rewards; plus some questions and cautions.

Health Care — You Owe It To Yourself

Developed by the Fairfield/Westchester Business Group on Health
1983
14-minute film/tape cassette
Available from: Business Institute for Health, Inc.
ATTN: Mrs. D. Alvater
Box 189
Stanton, NJ 98885
$250 film; $190 3/4 or 1/2 inch tape cassette

This film — aimed at employees, their dependents and the general public — discusses the magnitude of the cost problem, the need for everyone to have a better understanding of the problem and to become better users of the health care delivery system. The need for a more responsible attitude by each of us toward health promotion and self care is emphasized.

Health, Education & Promotion/Agenda for the Eighties: A Summary

Developed by the Health Insurance Association of America and the American Council of Life Insurance
1980
56 pages
Available from: Health Insurance Association of America
919 Third Avenue
New York, NY 10022
Single copy free

This report on an Insurance Industry Conference on Health Education and Promotion contains summaries of papers given by some leading thinkers and practitioners in the field of worksite health promotion. Topics include the effects of health care on health, the case for prevention, health self-appraisal systems, motivating individuals to change behavior, insurance incentives and disincentives and strategies for marketing health education, plus descriptions of some existing programs.

Health Education Quarterly: Special Issue -- Worksite Health Promotion

Guest Editor, Andrew J. J. Brennan, Ph.D.
Fall 1982, Volume 9
92 pages
Available from: Human Sciences Press, Inc.
72 Fifth Avenue
New York, NY 10011
$10.95

Articles by experts in the field cover topics including the rationale for and corporate rewards of worksite programs, their costs and benefits, their successes and potential pitfalls, characteristics of successful programs, and the interest of insurance companies in health promotion in businesses. Several programs are described and the roles of various Federal agencies are outlined. Authors include Andrew Brennan, Beverly Ware, Robert Beck, Rebecca Parkinson, Marvin Kristein and Edward Roccella. Walter B. Wriston, Chairman of Citicorp, introduces the issue.

How Business Can Promote Good Health for Employees and Their Families

Prepared by Interstudy; primary authors Keith W. Sehnert, M.D., and John K. Tillotson, M.D.
1978
38 pages
Available from: National Chamber Foundation
1615 H Street, NW
Washington, DC 20062
$7.00 plus $2.00 postage and handling

This publication was one of the first to review reasons why businesses should be involved in health in general and health promotion in particular. It discusses how programs can be measured, presents resources for developing program components, and sets forth an action plan for implementation.

Managing Health Promotion in the Workplace: Guidelines for Implementation and Evaluation

By Rebecca Parkinson and Associates
1982
304 pages
Available from: Mayfield Publishing Company
285 Hamilton Avenue
Palo Alto, CA 94301
$24.95 plus $1.50 postage and handling

Developed by a group of experts in worksite health promotion, this book provides a series of guidelines designed to help individuals plan, implement and evaluate effective employee health promotion programs. It also addresses such management issues as where the program should be located within the organizational structure and how to identify available resources. In addition, it contains examples of programs in 17 corporations, plus 12 background papers on topics including hypertension, weight and nutrition, alcohol and drug abuse, smoking cessation, stress management, physical activity and cost-effectiveness.

National Conference on Health Promotion Programs In Occupational Settings

Background papers for an invitational conference sponsored by the Office of Disease Prevention and Health Promotion, Department of Health and Human Services
1979
Set of 11 papers
Available from: National Technical Information Service
Port Royal Road
Springfield, VA 22161
Order No. HRP-0030860
$23.00

A series of background papers describing the state-of-the-art of worksite health promotion programs covering such topics as hypertension, weight and nutrition, alcohol and drug abuse, smoking cessation, stress management, physical activity and cost-effectiveness. (Seven of the background papers appeared in *Public Health Reports*, vol. 95, no. 2, Mar/Apr 1980, and many also were updated and incorporated into *Managing Health Promotion in the Workplace*.)

A Primer on Health Promotion at the Workplace

By Sybil K. Goldman
1983
33 pages
Available from: Alpha Center
7316 Wisconsin Avenue, Suite 400
Bethesda, MD 20814
$3.75

This primer was designed to serve as a review or status report on what is known about worksite health promotion and to provide general information on a variety of topics including: the basics of health promotion and disease prevention; its importance to employers; types of program approaches being implemented in the workplace; realistic expectations about the benefits that can be acheived; examples of programs in operation; guidelines for getting started, and additional resources.

Promoting Health in the Worksetting

By Jane Thomas
1981
18 pages
Available from: Institute for Health Planning
702 N. Blackhawk Avenue
Madison, WI 53705
$3.00; $6.00 for billed orders

This booklet discusses the cost-saving potential of worksite health promotion programs, the components and keys to a successful worksite program, and ways in which a health planning agency or other group can provide assistance to community businesses in establishing or expanding worksite programs.

A Practical Planning Guide for Employee Health Promotion Programs

1982
45 pages
Available from: The Health Planning Council, Inc.
995 Applegate Road
Madison, WI 53713
$4.00

This publication provides a step-by-step approach to the development of employee health promotion programs, with chapters highlighting benefits of a program, getting started, program elements, evaluation, legal and financial considerations, motivation, and some dos and don'ts. A list of health risk appraisals and a short bibliography also are included.

Wellness at Work: A Report on Health and Fitness Programs for Employees of Business and Industry
By Robert M. Cunningham, Jr.
1982
137 pages
Available from: Blue Cross & Blue Shield Association
676 N. St. Clair Street
Chicago, IL 60611
$7.95

This book provides an overview of the wellness movement, especially as it exists in the workplace, liberally sprinkled with specific examples from businesses of all sizes. It discusses how to get a program started, common health problems, prepayment plans and other resources, hospitals as change agents and the outlook for the future. Some references and fitness resources also are included.

Work to be Well: A Small Business Guide to Wellness at the Workplace
Developed by the Health Systems Agency of Western Lake Superior
1982
115 pages
Available from: Health Projects Office
Health Systems Agency of Western Lake Superior
202 Ordean Building
424 West Superior Street
Duluth, MN 55802
$5.00

This handbook -- one of the few available aimed specifically at small businesses -- contains strategies for planning and developing worksite based wellness programs including those that businesses can do on their own. It also contains a directory of wellness providers and activities available within the region.

AGING

Age Pages
Developed by the National Institute on Aging
1980, 1981, 1982
A continuing series
Available from: National Institute on Aging
Box FL
Building 31, Rm. 5C35
Bethesda, MD 20205
Single set free

This series of two-page health information flyers is written for older people, their families and those who work with the elderly. Covering topics including finding good medical care, accidents, senility, high blood pressure, sexuality and exercise, the material can be reproduced for distribution or incorporated into a company's regular publication.

ALCOHOL AND DRUG ABUSE

Conference on Alcohol, Drug Abuse, and Mental Health Promotion/Prevention at the Worksite
Proceedings of a conference sponsored by Alcohol, Drug Abuse, and Mental Health Administration, Public Health Service, Department of Health and Human Services
1982
161 pages
Available from: Alcohol, Drug Abuse, and Mental Health Administration/PHS/Department of Health and Human Services
5600 Fishers Lane
Rockville, MD 20857
Single copy free (supply limited)

The major question addressed at this conference was: How can efforts to prevent alcohol, drug abuse, and mental health (ADM) problems be made a more significant part of the broader movement to promote health and prevent disease at the worksite? Experts in a variety of fields, including labor and insurance, addressed topics such as the current movement to provide comprehensive health promotion/disease prevention services at the worksite; examples of ADM programs that have succeeded in expanding beyond treatment and rehabilitation to encompass health promotion and primary prevention; and strategies for increasing the prevalence of ADM promotion and prevention activities at the worksite.

Developing an Occupational Drug Abuse Program: Considerations and Approaches
Developed for the National Institute on Drug Abuse by the Stanford Research Institute, and supplemented with material developed by the University of Michigan's Institute for Social Research and the Research Triangle Institute.
1978
94 pages
Available from: National Clearinghouse for Drug Abuse Information
P.O. Box 416
Kensington, MD 20795
Single copy free

This document provides general, conceptual, and practical suggestions for companies to consider when putting a drug abuse program into operation and cites sources for obtaining more specific information at relevant points throughout the process. Sample policy statement and program descriptions are included.

The EAP Manual: A Practical, Step-by-Step Guide to Establishing an Effective Employee Alcoholism/Assistance Program
By William S. Durkin
1982
91 pages
Available from: Publications Department
National Council on Alcoholism
733 Third Avenue
New York, NY 10017
$6.00

This manual outlines the nature and extent of the problem of alcoholism in industry, discusses the key role of labor in a successful approach to the problem, and recommends a proven approach to establishing an effective employee alcoholism/assistance program. Specific how-to information covers topics such as writing a policy on alcoholism, setup procedures for handling problem employees, training supervisors, obtaining the most cost-effective insurance coverage for treatment, and more.

Guidelines for Developing an Employee Assistance Program
By James T. Wrich
1982
82 pages
Available from: AMA Membership Publications Division
American Management Association
135 W. 50th Street
New York, NY 10020
$10.00

These guidelines take the reader through the process of developing an EAP, including identifying assessment and referral sources, and defining the roles of various groups such as supervisors, labor, consultants and the family. It presents a detailed implementation procedure, including the development of a joint implementation committee, and discusses both cost factors and evaluation. An appendix contains sample policies and letters.

Preventing Drug Abuse in the Workplace

By Judith Vicary, Ph.D. and Henry Resnick
1982
53 pages
Available from: National Clearinghouse for Drug Abuse Information
P.O. Box 416
Kensington, MD 20795
Single copy free

This publication describes the development of early occupational alcohol and drug abuse programs and employee assistance programs, and describes approaches and issues on drug abuse prevention and health promotion in the workplace.

Target: Alcohol Abuse in the Hard-to-Reach Work Force

Developed by the National Institute on Alcohol Abuse and Alcoholism
1982
27 pages
Available from: National Clearinghouse for Alcohol Information
P.O. Box 416
Kensington, MD 20795
Single copy free

The hard-to-reach population for alcoholism can be defined in many ways. This publication addresses several, including those who are hard to reach because they are hard to identify due to little supervision (physicians, lawyers), and those who are hard to reach because of service delivery problems (truck drivers, itinerant salespeople). Attention is given to the union's role in reaching these employees. The publication also lists selected resources, provides a glossary of terms, and discusses a procedure for starting a program.

CANCER

Helping Your Employees to Protect Themselves Against Cancer

Developed by the American Cancer Society in cooperation with the American Occupational Medical Association and the American Association of Occupational Health Nurses
1981
48 pages
Available from: Your local American Cancer Society
Single copy free

This guide, designed to be used by your company in cooperation with your local ACS chapter, is organized into sections describing how to provide education, demonstration and reinforcement for each of four major cancer sites (colorectal, lung, breast and uterine), plus a fifth section suggesting a planning and evaluation process. Data is presented to support the need for employee cancer education and additional resources are available for each content area.

Make Cancer Control Your Business
Developed by the American Cancer Society
1981
14 pages
Available from: Your local American Cancer Society
Single copy free

This booklet is designed to acquaint company management with the vital importance of cancer control in the workplace. It contains names of some companies that have participated in cancer education programs and features information on the costs of cancer to industry as well as the economic benefits of cancer control.

CARDIOVASCULAR DISEASE

Cardiovascular Primer for the Workplace
Developed by the National Heart, Lung, and Blood Institute, Public Health Service, Department of Health and Human Services.
1981
88 pages
Available from: High Blood Pressure Information Center
120/80 National Institutes of Health
Box WS
Bethesda, MD 20205
Single copy free

Responding to the questions being asked by business leaders, this publication discusses what is known and unknown about cardiovascular disease risk factor reduction and health promotion; factors to consider when deciding upon adoption of a worksite health promotion program; and resources available to help get started. The document is liberally sprinkled with examples of business programs and data about the risk factors associated with cardiovascular disease including smoking, high blood pressure, elevated blood cholesterol and diabetes, as well as related risk factors such as obesity, stress, physical inactivity and others.

DRUG ABUSE

See ALCOHOL AND DRUG ABUSE

EVALUATION

Evaluating Health Promotion in the Workplace: Conference Summary
Developed by the Institute of Medicine
1981
38 pages
Available from: Institute of Medicine
National Academy of Sciences
2101 Constitution Avenue, NW
Washington, D.C. 20418
$5.50

The proceedings from this invitational conference of experts contain brief summaries of a series of background papers on topics including methodologies for data collection and validation; the cost of evaluation; some case examples—lessons learned and issues unresolved; and themes and future directions. The paper, "Evaluation of Worksite Health Promotion Programs," is reproduced in its entirely.

FITNESS

Fitness in Industry
1978
38 pages
Available from: Health Education Center
200 Ross Street
Pittsburgh, PA 15219
$3.50 plus postage

Although much of the data and some of the facts in this 1978 publication are out of date, its section titled A Practical Guide to the Organization and Administration of an Industrial Fitness Program contain enough valuable information to be worth the price. A poster diagramming procedures for the development of an industrial fitness program covers needs assessment, program components, facilities, administration and supervision and organizational alternatives.

Fitness in the Workplace: A Handbook on Employee Program
Developed by the President's Council on Physical Fitness and Sports
14 page pamphlet
Available from: President's Council on Physical
Fitness and Sports
Washington, DC 20201
Single copy free

A look at physical fitness programs in business and industry that includes such useful information as general statistics about the apparent value of fitness programs and some common features of successful employee fitness programs.

HEALTH RISK APPRAISALS

Health Risk Appraisals: An Inventory

Developed by the National Health Information Clearinghouse, Office of Disease Prevention and Health Promotion, Public Health Service, Department of Health and Human Services
1981
Available from: National Health Information Clearinghouse
P.O. Box 1133
Washington, DC 20013
Single copy free

This is a handy guide to more than 25 health risk appraisal tools that can be used at the worksite. The method of analysis (computer or self-scored) and name and address are included for each.

Health Risk Appraisal General Information Packet

Developed by the Center for Health Promotion and Education of the Centers for Disease Control
1981
Various materials
Available from: Director of Special Projects
Center for Health Promotion and Education
Centers for Disease Control
1600 Clifton Road, NE
Atlanta, GA 30333
Single copy free

This packet of material contains sample questionnaires and printouts from CDC's version of a health risk appraisal, a general description of CDC's own employee health appraisal program, and a list of other health risk appraisal providers. In addition, two publications are included, an introduction to health risk appraisals and an interpretation guide.

HYPERTENSION CONTROL

Blood Pressure Control at the Worksite: Manual of Procedures for Blood Pressure Control Programs in Industrial Settings

By John C. Erfurt and Andrea Foote
1979
83 pages
Available from: Institute of Labor & Industrial Relations
c/o Worker Health Program
401 Fourth Street
Ann Arbor, MI 48103
$5.00

This publication presents detailed procedures and sample forms for a worksite high blood pressure control program based on pilot programs developed in a variety of industrial settings. Chapters are devoted to screening, referral, followup, employee education, record keeping and program evaluation.

Cost of Worksite Hypertension Treatment
By Hirsch S. Ruchlin, Ph.D. and Michael H. Alderman, M.D.
1980
46 pages
Available from: High Blood Pressure Information Center
120/80 National Institutes of Health
Box WS
Bethesda, MD 20205
Single copy free

This report is described as "a retrospective cost analysis of a single case study . . . of a network of health fund supported, hypertension specialized clinics serving a particular employee population . . . Because this study focuses on a unique population and utilizes aggregate rather than micro level data, readers are cautioned to be wary of overgeneralizing these findings. We recognize that there are limitations in these data but feel that the findings may be helpful to others interested in implementing or evaluating worksite hypertension programs."

A Handbook for Worksite Blood Pressure Programs
Developed by Michael H. Alderman, M.D. under a grant from the New York State Health Department
1980
43 pages
Available from: Health Education Services
P.O. Box 7126
Albany, NY 12224
$1.84 (payment must accompany order)

As stated within the document, "This manual is designed to help individuals from management, personnel, occupational health staff or labor union officials understand the seriousness of hypertension and ways that is can be managed. The manual will familiarize the reader with the varieties of worksite programs for hypertension detection, treatment and control, and should facilitate the planning and execution of a suitable program for a particular employee group."

MENTAL HEALTH PROMOTION

Mental Wellness Programs for Employees
Guest editor, Willis B. Goldbeck
1980
230 pages
Available from: Center for Industry and Health Care
Boston University Health Policy Institute
53 Bay State Road
Boston, MA 02215
$12.00

Papers and observations from an invitational conference on employee mental wellness programs cover a wide range of topics including case studies, perspectives on the problems, employee assistance programs, program models and directions, staffing and organization, and financing considerations.

SEE ALSO: Alcohol and Drug Abuse, Conference on Alcohol, Drug Abuse, and Mental Health Promotion/Prevention at the Worksite.

OCCUPATIONAL LUNG DISEASES

Lung Hazards on the Job

A series of pamphlets developed by the American Lung Association
1980
4 to 8 panels
Available from: Your local American Lung Association
Single copy free

This series of pamphlets — covering lung hazards relating to asbestos, auto repair, byssinosis, fire fighting, silicosis, solvents, irritant gases and welding — provide easy-to-read information for employees, along with some suggestions about measures they can take to protect their own health. A 12-page, 1981 publication, Lung Hazards in the Workplace, provides an overview of the topic and offers suggestions about how the employer, government agencies, health professionals, workers, and others can make the workplace safe.

Occupational Lung Diseases: An Introduction

Developed by the American Lung Association
1979
80 pages
Available from: Your local American Lung Association
Single copy free

This publication provides a wide range of information about workplace lung hazards (including coal dust, ammonia gas, solvent vapors, cereal dust and welding fumes) and resulting occupational lung diseases. This booklet also discusses ways to control these hazards. A companion document, Sources of Information on Occupational Health, lists many government agencies, professional organizations, public interest groups, unions, trade organizations, and other groups that can provide information and services related to occupational lung hazards and disease.

SMOKING CESSATION

Where There's Smoke There's Fire: The Cost and Dangers of Your Employees Who Smoke

Developed by the American Council of Life Insurance and the Health Insurance Association of America
1982
8 page pamphlet
Available from: Health Insurance Association of America
1850 K Street, NW
Washington, DC 20006
Single copy free

Some brief facts about smoking, especially as it relates to the workplace, a look at the economic and productivity consequences of smoking, and some guidelines for establishing a smoking cessation program.

WOMEN'S HEALTH ISSUES

Babies and Business

Developed by the March of Dimes
1982
12-minute film/video cassette
Available from: Supply Division
March of Dimes Birth Defects Foundation
1275 Mamaroneck Avenue
White Plains, NY 10605
$75.00 - film; $40.00 - 3/4 or 1/2 inch tape cassette

This film is designed to catalyze discussions about the pregnant working woman's health habits, her frame of mind and the attitudes of her spouse and co-workers — all of which affect the pregnancy and health of the newborn. Among the topics covered are smoking, drinking, nutrition and the role of friends in the workplace. Other material useful to a working mom are available through your local March of Dimes Chapter.

Good Health is Good Business

Developed by the March of Dimes
1982
Packaged program with 7:45 minute slide/tape
Available from: Supply Division
March of Dimes Birth Defects Foundation
1275 Mamaroneck Avenue
White Plains, NY 10605
$25

A 7:45 minute slide/tape show, "Inside My Mom" (see below), forms the basis for this health education package for the workplace designed to stimulate discussion about the health habits and attitudes that surround the pregnant working woman. In addition to the slide/tape, the package includes publicity material, discussion guide, implementation manual and data cards. (Many local March of Dimes chapters are prepared to present this program at your workplace.)

Inside My Mom

Developed by the March of Dimes
1982
7:45 minute slide/tape
Available from: Supply Division
March of Dimes Birth Defects Foundation
1275 Mamaroneck Avenue
White Plains, NY 10605
$15 (Available in English and Spanish)

Nutrition is approached as a basic element of life in this entertaining and informative cartoon. (It also can be purchased as part of a packaged program designed especially for use in the workplace. See "Good Health is Good Business.)"

HEALTH NEWSLETTERS FOR EMPLOYEES

The following publications contain health and medical information and may be appropriate for distribution to employees as part of a worksite health promotion program. Many of these newsletters can be personalized with a company's name and/or message.

Harvard Medical School Health Letter

Monthly
6 pages
Available from: Department of Continuing Education
Harvard Medical School
79 Garden Street
Cambridge, MA 02138
$12.00 per year

One long article on a subject of current or general interest is highlighted each month, along with some health related news briefs. Prepared by members of the Harvard Medical School faculty, the reading level on this publication is relatively high.

Health Facts

Monthly
4-8 pages
Available from: Center for Medical Consumers and Health Care Information, Inc.
237 Thompson Street
New York, NY 10012
$18.00 per year

Every other issue (8 pp.) is devoted to a single topic and includes a bibliography. Alternate issues (4 pp.) contain shorter articles on medical news. The reading level is fairly high.

Health News

Monthly
Length varies
Available from: Healthfax, Inc.
125 E. 23rd Street
New York, NY 10010
Price varies with number of employees

Although not a newsletter, this health news and feature service provides articles that can be inserted in your company's regular employee newsletter or developed into independent leaflets, letters or brochures.

Health Voice
Quarterly
4 pages
Available from: Healthfax, Inc.
125 E. 23rd Street
New York, NY 10010
Bulk rate prices available

Brief articles help employees stay well, keep fit, and hold down the cost of medical care. The back page is available for news stories from the sponsoring company.

Shape Write-Up
10 issues per year
8 pages
Available from: Corporate Fitness Programs
11300 Pinehurst Way NE
Seattle, WA 98125
$15.00 per year; bulk rates available

Lively writing and cartoon illustrations add to this publication's appeal for employees at many levels. Its content covers a wide range of lifestyle related topics.

Taking Care
Monthly
6 pages
Available from: Center for Consumer Health Education
380 W. Maple Avenue
Vienna, VA 22180
$15.00 per year

Articles on common health risks and problems include flow charts to help the reader decide what action to take and whether or not to see a doctor. Topics emphasize wellness, physical fitness, and preventive medicine.

Your Health and Fitness
Six times per year
31 pages
Available from: Curriculum Innovations, Inc.
3500 Western Avenue
Highland Park, IL 60035
$9.00 per year; bulk rates available

This easy-to-read magazine offers information on physical fitness, general health, and health problems. Space is available for individualized news and articles from the sponsoring company.

GENERAL HEALTH PROMOTION PUBLICATIONS

The following books are important background reading for anyone involved in health promotion.

Healthy People: The Surgeon General's Report on Health Promotion and Disease Prevention
Developed by the Office of Disease Prevention and Health Promotion, Public Health Service, Department of Health and Human Services
1979
177 pages
Available from: Government Printing Office
Superintendent of Documents
Washington, DC 20402
Stock No. 017-001-00416-2
$5.00 (make check payable to: Superintendent of Documents)

This landmark document sets forth some new priorities for the nation's health and calls for a renewed commitment to prevention. "The report's central theme is that the health of this Nation's citizens can be significantly improved through actions individuals can take themselves, and through actions decision makers in the public and private sectors can take to promote a safer and healthier environment for all Americans at home, at work and at play." Specific goals are set forth in five stages of human development, and 15 priority areas are identified in the categories of preventive health services, health protection and health promotion.

Healthy People: The Surgeon General's Report on Health Promotion and Disease Prevention -- BACKGROUND PAPERS
Developed by the Institute of Medicine, National Academy of Science
1979
484 pages
Available from: Government Printing Office
Superintendent of Documents
Washington, DC 20402
Stock No. 017-001-11417-1
$8.00 (make check payable to: Superintendent of Documents)

Eighteen background papers, developed by experts, examine the past successes, future challenges and unanswered questions relating to some key topics including prevention of injuries, oral disease, mental disorders, cardiovascular disease, tobacco, and alcohol and drug abuse. Related issues include psychosocial factors in preventive medicine, preventive services for the well population, quality of the work environment, and the economic evidence on prevention.

Living Well: An Introduction to Health Promotion and Disease Prevention

Developed by the Office of Disease Prevention and Health Promotion, Public Health Service, Department of Health and Human Services
1980
36 pages
Available from: Government Printing Office
Superintendent of Documents
Washington, D.C. 20402
Stock No. 017-001-00428-6
$4.25 (make check payable to: Superintendent of Documents)

Aimed at the individual, the content of this booklet is drawn from Healthy People and is designed to introduce the concepts of health promotion and disease prevention, outline health risks that one faces in daily life, and show the reader how minor changes in the way he or she lives can reduce the risk of disease or disability. An appendix offers suggestions for resources the individual can use to find additional information on the various topics covered in the text.

Nutrition and Your Health — Dietary Guidelines for Americans

Developed by the U.S. Department of Agriculture and the U.S. Department of Health and Human Services
1980
20 pages
Available from: National Health Information Clearinghouse
P.O. Box 1133
Washington, DC 20013
Single copy free

Government Printing Office
Superintendent of Documents
Washington, DC 20402
Stock No. 001-000-04248-3
$2.25 per copy
$27.00 per 100 copies
(Make check payable to: Superintendent of Documents)

This set of seven dietary recommendations is intended for people who are already healthy and includes information on fat, starch and fiber, sodium, sugar, alcohol and other aspects of nutrition and health. The recommendations are: eat a variety of foods; maintain ideal weight; avoid too much fat, saturated fat, and cholesterol; eat foods with adequate starch and fiber; avoid too much sugar; avoid too much sodium; and, if you drink alcohol, do so in moderation.

Promoting Health/Preventing Disease: Objectives for the Nation
Developed by the Public Health Service, Department of Health and Human Services
1980
102 pages
Available from: Government Printing Office
Superintendent of Documents
Washington, DC 20402
Stock No. 017-001-00435-9
$5.00 (make check payable to: Superintendent of Documents)

This document, a companion to the national strategy set forth in Healthy People, identifies specific and measurable objectives for fifteen priority areas that are key to achieving our national health aspirations. Many of these objectives, developed with the help of panels of experts in each area, have direct implications for the workplace.

Public Health Reports
Published by the Public Health Service, Department of Health and Human Services
Bi-monthly magazine
Approximately 100 pages
Available from: Government Printing Office
Superintendent of Documents
Washington, D.C. 20402
$19.00 per year
(Make check payable to: Superintendent of Documents)

This official journal of the U.S. Public Health Service provides up-to-date information on new Federal health policies, research, services and special initiatives of PHS agencies; important research in public health by scientists in both the U.S. and abroad; and an increased emphasis on prevention. An ideal way to keep up with the latest developments in public health.

Strategies for Promoting Health for Specific Populations
Developed by the Office of Disease Prevention and Health Promotion, Public Health Service, Department of Health and Human Services
1981
53 pages
Available from: Government Printing Office
Superintendent of Documents
Washington, DC 20402
Stock No. 017-001-00439-1
$4.25 (Make check payable to: Superintendent of Documents)

This report presents the findings from a series of meetings convened by DHHS to examine the health promotion needs, priorities and concerns of minorities and special populations, and to obtain advice on actions that should be taken to reach them. Included are recommendations on reaching Asian/Pacific Americans, Black Americans, Hispanic Americans, elderly Americans and American Indians.

ADDITIONAL RESOURCES

The following organizations and agencies have additional information or services for specific content areas which may be useful in developing disease prevention and health promotion programs for the worksite.

NATIONAL HEALTH INFORMATION CLEARINGHOUSE
P.O. Box 1133
Washington, DC 20013
(800) 336-4797
(703) 522-2590 (In Virginia)

The National Health Information Clearinghouse offers a one-stop-shopping approach to obtaining health information on a wide variety of topics. Often the NHIC can answer your question or provide you with a resource immediately. If not, it will refer your request to one of 2000 groups and organizations that provide health information to the public. So when you are looking for health related information, consider calling the NHIC first. The NHIC staff cannot give medical advice, diagnose, or recommend specific physicians or treatment centers.

AGING

National Institute on Aging
Information Office
Building 31, Room 5C35
Bethesda, MD 20205

ALCOHOL AND DRUG ABUSE

Al-Anon Family Group Headquarters, Inc.
P.O. Box 182
Madison Square Station
New York, NY 10159

Alcoholics Anonymous
General Services Office (6th Floor)
468 Park Ave. South
New York, NY 10016
ATTN: Public Information Department

National Clearinghouse for Alcohol
Information
P.O. Box 2345
Rockville, MD 20 2

National Clearinghouse on Drug
Abuse Information
Room 10A53, Parklawn Building
5600 Fishers Lane
Rockville, MD 20857

ALLERGY

American Academy of Allergy
and Immunology
Insect Committee
611 E. Wells Street
Milwaukee, WI 53202

Asthma and Allergy Foundation
of American
9604 Wisconsin Avenue, Suite 100
Bethesda, MD 20814

ARTHRITIS

Arthritis Foundation
3400 Peachtree Rd., N.E.
Suite 1101
Atlanta, GA 30326

Arthritis Foundation Clearinghouse
P.O. Box 9 82
Arlington, VA 22209

ASTHMA

Asthma and Allergy Foundation
of America
9604 Wisconsin Avenue, Suite 100
Bethesda, MD 20814

CANCER

American Cancer Society
Public Education
777 Third Ave.
New York, NY 10017

Office of Cancer Communications
Public Inquiries Section
Building 31, Room 10A18
9000 Rockville Pike
Bethesda, MD 20205

CARDIOPULMONARY RESUSCITATION

American Heart Association
7320 Greenville Avenue
Dallas, TX 75231
(Or your local chapter)

American Red Cross
National Headquarters
Washington, DC 20006
(Or your local chapter)

DIABETES

American Diabetes Association
2 Park Ave.
New York, NY 10016

National Diabetes Information
Clearinghouse
Box NDIC
Bethesda, MD 20205

National Eye Institute
Office of Scientific Reporting
Room 6A32, Bldg. 31
National Institutes of Health
Bethesda, MD 20205

DIGESTIVE DISEASES

National Digestive Diseases
Information and Education
Clearinghouse
1555 Wilson Boulevard, Suite 600
Rosslyn, VA 22209

EXERCISE AND PHYSICAL FITNESS

American College of Sports Medicine
1440 Monroe
Madison, WI 53706

American Alliance for Health,
Physical Education, Recreation,
and Dance
1900 Association Dr.
Reston, VA 22091

American Association of Fitness
Directors in Business and
Industry
c/o Xerox Health Management Program
800 Phillips Road, Bldg. 337
Webster, NY 14580

Blue Cross & Blue Shield
Association
Communications Division
676 N. St. Clair St.
Chicago, IL 60611

Institute for Aerobics Research
11811 Preston Rd.
Dallas, TX 75230

President's Council on Physical
Fitness and Sports
Room 7103 Judiciary Plaza
450 Fifth St., S.W.
Washington, D.C. 20001

FIRST AID

American Red Cross
National Headquarters
Washington, DC 20006
(Or your local chapter)

READEX
FICHE

HIGH BLOOD PRESSURE

High Blood Pressure Information
Center
120/80 National Institutes of
Health Bethesda, MD 20205

American Heart Association
7320 Greenville Avenue
Dallas, TX 75231
(Or your local chapter)

KIDNEY DISEASE

National Kidney Foundation
2 Park Ave.
New York, NY 10016

MENTAL HEALTH

National Clearinghouse for
Mental Health Information
Public Inquiries Section
5600 Fishers Lane
Rockville, MD 20857

National Mental Health Association
1800 N. Kent St.
Arlington, VA 22209

NUTRITION

Food and Drug Administration
Office of Consumer Communications
(HFE-88)
Room 15B32, Parklawn Building
5600 Fishers Lane
Rockville, MD 20857

Home Economics and Human Nutrition
Extension Service
U.S. Department of Agriculture
Washington, DC 20250
(or your local cooperative extension
service office listed under county or
city government in the white pages of
your phone book)

Human Nutrition Information Service
U.S. Department of Agriculture
6525 Belcrest Road
Hyattsville, MD 20782

National Dairy Council
6300 N. River Road
Rosemont, IL 60018

Nutrition Foundation
Suite 300
888 Seventh St., N.W.
Washington, D.C. 20006

Society for Nutrition Education
(SNE) Resource Center
1736 Franklin Street, 9th Fl.
Oakland, CA 94612

OCCUPATIONAL LUNG DISEASE

American Lung Association
1740 Broadway
New York, NY 10019
(Or your local chapter)

POISON CONTROL/PREVENTION

National Poison Center Network
125 DeSoto St.
Pittsburgh, PA 15213

Poison Prevention Week Council
P.O. Box 1543
Washington, DC 20013

PRENATAL CARE

March of Dimes Birth Defects
Foundation
1275 Mamaroneck Avenue
White Plains, NY 10605

SAFETY

American Academy of Pediatrics
(child auto restraints)
P.O. Box 1034
Evanston, IL 60204

American Optometric Association
(eye safety)
Communications Division
243 N. Lindbergh Blvd.
St. Louis, MO 63141

American Red Cross (water safety)
National Headquarters
Washington, DC 20006
(Or your local chapter)

Health Industry Manufacturers
Association (worker safety)
1030 15th St., N.W.
Washington, DC 20005

National Safety Council
444 N. Michigan Ave.
Chicago, IL 60611

Physicians for Automotive Safety
Communications Department
P.O. Box 208
Rye, NY 10580

SMOKING CESSATION

American Cancer Society
Public Education
777 Third Ave.
New York, NY 10017
(Or your local chapter)

American Health Foundation
320 E. 43rd St.
New York, NY 10017

American Heart Association
7320 Greenville Ave.
Dallas, TX 75231
(Or your local chapter)

American Lung Association
1740 Broadway
New York, NY 10019
(Or your local chapter)

National Center for Health
Education
30 E. 29th Street
New York, NY 10010

Office of Cancer Communications
National Cancer Institute
Room 10A18, Building 31
National Institutes of Health
Bethesda, MD 20205

Seventh-Day Adventist Church
Five-Day Plan to Stop Smoking
Narcotics Education Division
6850 Eastern Ave.
Washington, DC 20012

Technical Information Center
Office of Smoking and Health
Park Building, Rm. 116
5600 Fishers Lane
Rockville, MD 20857

VISION/EYE CARE

American Optometric Association
243 N. Lindberg Blvd.
St. Louis, MO 63141

National Eye Institute
Office of Scientific Reporting
9000 Rockville Pike
Bethesda, MD 20205

National Society to Prevent Blindness
122 E. 42nd St.
New York, NY 10068

For further information contact:

Ruth Behrens
Senior Advisor
Worksite Health Promotion
Office of Disease Prevention
and Health Promotion
300 7th Street, S.W., Rm. 613
Washington, D.C. 20201
June 1983

National Health Information Clearinghouse

HEALTHFINDER

A Service of Office of Disease Prevention and Health Promotion, Public Health Service, U.S. Department of Health and Human Services.

ELECTRONIC BULLETIN BOARDS FOR HEALTH INFORMATION

The combination of microcomputers and telephones resulted in the first electronic bulletin boards (EBBs) in 1978. Early EBBs were simple message systems for computer enthusiasts. As software became available to make communications applications easier, bulletin boards proliferated, and EBBs devoted to specific topics appeared. Thousands of general and special interest bulletin boards are now in operation. EBBs today serve as an inexpensive, almost instantaneous means for getting a message to a group of interested people.

All you need to use an EBB is a telephone line, a computer or terminal, and a modem (modulator/demodulator), which is a device that connects the computer to the telephone line. Operating an EBB system requires some additional equipment, including an auto-answer modem to receive calls, communications software, and, normally, at least one floppy-disk drive. No licensing is required. System operators, called sysops, are often actively involved in their EBBs, offering help to users and inviting comments on the system.

Although there has not been a great deal written about them to date, EBBs have acquired a number of labels and definitions. In some sources, they are called computer bulletin board systems (BBS) or electronic corkboards. For the purposes of this *Healthfinder*, several related but distinct types of services are considered to be EBBs:

- Interactive message boards, where bulletin board messages may be added or read by any user. Many of these are free (except for any telephone charges) and are operated by a single individual. They may be open to communication on any topic or may be oriented toward one subject.
- Message boards for a specific group of users. A fee and a password are often required, with the system closed to non-members.
- Bulletin boards operated through commercial services, such as CompuServe. These may be forums similar to the smaller EBBs, but are usually monitored, and inappropriate messages are deleted. A fee may be charged for access to the system.
- Information services offered by a group such as a professional association or a Government agency. Messages are all provided by a single source. These may be basically electronic newsletters, or there may be messages available of many types and on a variety of subjects. Such a system may or may not offer the facility for the user to send electronic comments to the information supplier.
- Electronic news services. These compile news from various sources and offer it for a fee. They are updated on a regular basis, sometimes as often as hourly. The capacity for the reader to respond online is normally not part of this type of EBB.

The procedure to use an EBB varies with the type. Simple systems just require the user to dial the EBB's number. Commercial vendors require an account and password. News services often have a surcharge for reading messages apart from the fee for system use. Some EBBs are driven by menus; the system offers the user a number of possibilities, and the user simply makes a choice. Other systems allow or require the user to give appropriate commands. In almost all cases, however, the user can get assistance from the system or the sysop by typing ? or H (for help).

This *Healthfinder* is arranged in three sections and describes resources on electronic bulletin boards devoted to health and medical topics. The first section describes three information networks, each of which offers several bulletin boards as well as other services. Information is given on how to gain access to these systems. In the second section, 21 individual EBBs are cited. A brief description with sponsor and access information is provided for each one. The EBBs listed here are primarily directed toward interested consumers and health professionals who have access to a computer or terminal with a modem. A listing of books and periodicals on EBBs concludes this *Healthfinder*. None of these sections provides a comprehensive listing. By nature, EBBs are timely, and they can be ephemeral. There may be health and medical EBBs in operation now that are not listed here, others will appear in the future, and some of these may stop operating. Appearance on this list does not signify endorsement by the Department of Health and Human Services, the Office of Disease Prevention and Health Promotion, or the National Health Information Clearinghouse.

WHAT IS NOT A BULLETIN BOARD?

EBBs can be contrasted with other computer communications applications. Databases, such as MEDLINE from the National Library of Medicine, allow the user to give commands for the computer to search for a desired topic or combination of topics. EBBs normally don't have these sophisticated search features. Databases are often very large and comprehensive, while EBBs tend to be small and oriented toward the most current items. In addition, searchable databases are frequently bibliographic or numeric. EBBs contain conversational or news messages.

Electronic mail is a component of interactive EBBs, many of which allow messages to be addressed to all users or to a single user. However, electronic mail, where a message is entered by the sender, then transmitted and stored by the computer until read by the receiver, now has widespread use apart from EBBs. And the focus of an EBB is its content, which may include news and features, while electronic mail is simply a mechanism for transmitting messages.

Networks are sometimes functionally the same as EBBs. They may be primarily message boards. Networks are designed to link multiple users, including institutions such as hospitals or libraries, so the information can be efficiently utilized by all members. They often have sophisticated information features not a part of EBB systems. For example, a hospital network may link the medical records units of its members, and statistics may be an important portion of the messages involved. The GTE Medical Information Network, described below, offers databases and electronic mail as well as EBBs.

SELECTED INFORMATION NETWORKS

This section describes three information networks which offer EBBs on health or medical topics as a part of their services. This is not a comprehensive listing of such vendors.

- **CompuServe Information Service (CIS)**

CompuServe offers a variety of services for consumers and professionals, including electronic mail, games, and sales. Interactive, topical EBBs are referred to on CIS as "forums." A number of news services are also available, and professional societies are the suppliers of some of the CompuServe EBBs described in this *Healthfinder*. To use menus to access the EBBs listed here, select COMMUNICATIONS/BULLETIN BOARDS on the top menu, and FORUMS (SIGS) on the next. On the FORUMS menu that follows, some of these EBBs are found under HOME/HEALTH/FAMILY FORUMS, while others are under PROFESSIONAL FORUMS. The GO command can also be used to reach EBBs on CompuServe, as noted. Kits to begin using CompuServe are available in many computer and book stores, with a certain amount of connect time included. For information about where beginner kits are available, call CIS Customer Service, (800)848-8990 or (614)457-8650 (in Ohio, Alaska and Hawaii).

- **ITT/Dialcom**

ITT/Dialcom provides a computer-based messaging system and a range of information products, including news wires, gateways to databases, and EBBs from Government agencies including the White House, Food and Drug Administration, U.S. Department of Agriculture, and National Aeronautics and Space Administration. To reach ITT/Dialcom bulletin boards listed here, enter the abbreviation given while at system level. For information about ITT/Dialcom, write or call corporate headquarters at 1109 Spring Street, Silver Spring, MD 20910; (301)588-1572.

- **GTE Medical Information Network (MINET)**

The American Medical Association (AMA) provides a series of medical information services to GTE Telenet for use by subscribers to the GTE Medical Information Network (MINET). MINET contains a collection of medical information databases, as well as the electronic bulletin boards offered under the electronic mail service, MED/MAIL. Information services are provided by the AMA or by other health agencies and organizations through the AMA. Many smaller groups, such as specialty societies, operate their own bulletin boards on MINET with restricted access (these are not listed here). MINET EBBs listed below can be reached through menus; some appear on the system's primary menu, while others require the user to select MINET DIRECTORY on the first menu and MED/MAIL SCRIPTS AND BULLETIN BOARDS on the second. Alternatively, these MINET DIRECTORY EBBs can be reached directly by using COMPOSE or CHECK at the COMMAND? prompt in the MED/MAIL service as noted. MINET is available to subscribers only. For subscription information, call (800)368-4215.

ELECTRONIC BULLETIN BOARDS

AAMSI Communications Network
CompuServe Information Service
To access: GO AAM

Features an electronic newsletter, including medical journal abstracts, vendor information, index of current journal articles and descriptions of diagnostic programs. Sponsored by American Association for Medical Systems and Informatics.

AMA Library Information Service
GTE Medical Information Network (MINET)
To access: COMPOSE AMA.LIBRARY

Lists new medical books in print in 11 categories, upcoming meetings and seminars, and search strategies for MINET databases. Sponsored by the American Medical Association Library.

AMA/NET Associated Press Medical News Service
GTE Medical Information Network (MINET)
To access: select AMA/NET Medical News Service (AP) on main MINET menu

Contains current medical news, reported by the Associated Press and supplied by the American Medical Association.

Atlanta Medical Forum
To access: (404)351-9757

Discussion-oriented system with interactive bulletin boards on mental health, primary care medicine, and other topics. For more information, contact sysops Floyd P. Garrett, M.D., and Jim Delaney at (404)577-7034.

CDC Information Services
GTE Medical Information Network (MINET)
To access: COMPOSE CDC

Includes the text of the most recent *MMWR (Morbidity and Mortality Weekly Report)* as well as available training courses and other information. A service of the Centers for Disease Control, DHHS.

FDA Bulletin Board
ITT/Dialcom
To access: FDA

Features news releases, enforcement information, drug and device approvals, testimony and speeches by FDA officials, veterinary medicine news, and other items; offers the capacity for user to send comments to the Food and Drug Administration. A service of the Food and Drug Administration, DHHS.

FOI Newsline
CompuServe Information Service
To access: GO FOI

Presents information from public documents issued by the Food and Drug Administration, including news releases, talk papers, approvals, enforcement, and *Federal Register* notices. Supplied by FOI Services, Inc., (301)881-0410.

Health Education Electronic Forum (HEEF)
To access: (515)233-5254

Provides an interactive health education and health promotion EBB. Includes a number of bulletin boards on topics such as patient education, sex education, and wellness. Also offers other services. For information, contact sysop Michael Pejsach at (515)233-3552. A project of the Health Enhancement and Promotion Company.

Health Forum
CompuServe Information Service
To access: GO HCM

Offers a discussion forum for health topics such as nutrition, mental health, child care, sexuality, etc. Uses a sub-topics menu for topical discussions. Also offers the Rare Diseases Database (current information on diagnosis and treatment of rare diseases, compiled by the National Organization for Rare Disorders). Sponsored by CompuServe.

Human Sexuality
CompuServe Information Service
To access: GO HSX

Features discussion, information exchange, and counseling on issues related to sex. Includes support groups. Sysops are Howard and Martha Lewis. Sponsored by Clinical Communications, Inc., P.O. Box 88, Shady, NY 12479.

International Medical Tribune Syndicate
ITT/Dialcom
To access: IMTS

Consists of a news service specializing in medicine and health, offering full text of selected articles from publications around the world. Provided by the International Medical Tribune Syndicate.

MedSIG
CompuServe Information Service
To access: GO SFP-5

Provides an interactive special interest group (SIG) for health professionals. Includes professional specialty groups. Designed to assist in the exchange of medical information and the use of computers in medical activities. Sponsored by American Association for Medical Systems and Informatics.

Medical Conference Bulletin Board
GTE Medical Information Network (MINET)
To access: CHECK MEDICAL.CONFERENCE

Provides a forum for MINET suscribers to post employment opportunities, announce medical conferences, and request information from fellow MINET users.

Micro M.D. Network
CompuServe Information Service
To access: GO MDN

Contains a newsletter and catalog of available software for physicians using microcomputers. Sponsored by Micro M.D. Publishing, 6389 Colby Way, Virginia Beach, VA 23464.

Minnesota Medical Conference Tree
To access: (612)434-6315

Provides a forum for information exchange. Topics of discussions on the Tree include a number of medical specialty areas such as infectious diseases and cardiology. Sponsored by Minnesota Medical Computing Consortium, 2221 SE. University Avenue, Minneapolis, MN 55414.

National Information and Referral Service on Developmental Disabilities
GTE Medical Information Network (MINET)
To access: COMPOSE HANDICAPPED

Describes specialized resources for individuals with developmental disabilities. Contains directory information including developmental disabilities councils, protection and advocacy systems, and university-affiliated facilities. Allows search by geographic area. A service of the John F. Kennedy Institute for Handicapped Children.

NLM/NIH Information Service
GTE Medical Information Network (MINET)
To access: COMPOSE NLM.NIH

Includes index of current clinical studies at NIH, news on NIH Consensus Development Conferences and other meetings, index of computerized database searches available from NLM, and capacity to send messages to the NLM Director. A service of the National Library of Medicine (NLM) and National Institutes of Health (NIH), DHHS.

National Pharmacy Bulletin Board Service
To access: (402)280-3023

Features a message board for information exchange on drug topics. For pharmacists and others with interest in pharmacy. Sponsored by Creighton University, Omaha, Nebraska.

OB GYN Forum
CompuServe Information Service
To access: GO OBGYN

Offers an interactive forum run by professionals for those interested in health care of women. Also includes newsletter and information from the American College of Obstetricians and Gynecologists.

PHYCOM (Physician Communications)
GTE Medical Information Network (MINET)
To access: select PHYCOM on main MINET menu

Contains commercial product information and services for physicians, provided by participating businesses. A service of MINET.

Surgeon General's Information Service
GTE Medical Information Network (MINET)
To access: COMPOSE PHS

Contains Advisories from the Surgeon General, excerpts from *Public Health Reports*, and disease prevention information from the Office of Disease Prevention and Health Promotion and the National Health Information Clearinghouse. Also includes capacity to send a message to the Surgeon General. A service of agencies of the Public Health Service, DHHS.

BOOKS AND PERIODICALS

Bulletin Board Systems: The Publication for Computer Telecommunications. Formerly *Plumb*. Published by Meckler Publishing, 11 Ferry Lane West, Westport, CT 06880. Eight issues per year. Annual subscription: $26.50.

Newsletter focusing on electronic bulletin boards around the world. The July/August 1985 issue (Vol. 3, No. 4) contains feature titled "Medical-Interest Bulletin Boards Aid Doctors and Health Professionals," by editor Ric Manning, which describes 19 non-commercial dial-up services for medical professionals. A pre-publication copy of this article identified some of the EBBs cited in this *Healthfinder* and provided valuable assistance. The publisher was also planning the 1985 publication of *Directory of Bulletin Board Systems* (approximately 60 pages, $9.95).

The Complete Handbook of Personal Computer Communications, by Alfred Glossbrenner. New York: St. Martin's Press, 1983. $14.95. 325 pages.

Covers all types of telecommunications computer applications, including bibliographic and full-text databases, information utilities such as CompuServe, electronic shopping, computer conferencing, and computer bulletin board systems.

The Computer Phone Book, by Mike Cane. New York: New American Library, 1983. $9.95. 466 pages.

Lists and describes several hundred EBBs of all types.

Computers and Medicine. Published by Merit Associates, Box 36, Glencoe, IL 60022. Monthly. Annual subscription: $57.00.

Newsletter on a variety of computer applications for medicine, including databases and telecommunication.

Link-Up: Online and Videotex for Business, Personal, and Educational Use. Published by Learned Information, 143 Old Marlton Pike, Medford, NJ 08055. Eleven issues per year. Annual subscription: $22.00.

Offers current information on microcomputer communications and online services, including bulletin boards.

III. HEALTH AND FITNESS MATERIALS

UNITED STATES GOVERNMENT PRINTING OFFICE
SUPERINTENDENT OF DOCUMENTS
WASHINGTON, D.C. 20402

SUBJECT BIBLIOGRAPHY (SB)

SB-239
November 4, 1985

NOTICE

Government document's prices are subject to change without prior notice. Therefore, prices in effect when your order is filled may differ from prices on this list.

PHYSICAL FITNESS

___Adult Physical Fitness, A Program for Men and Women. *Gives general exercise, isometrics, water activities, and weight training for men and women at various levels of capability.* 1963: 64 p.; ill. 1980-repr.
Pr 35.8:P 56/Ad 9 S/N 040-000-00026-7 $ 4.50

___Aqua Dynamics, Physical Conditioning Through Water Exercises. *Illustrates over 70 conditioning exercises that can be done in a swimming pool.* 1977: 32 p.; ill. 1981-repr.
HE 20.102:Aq 3 S/N 040-000-00360-6 3.75

___Children and Youth in Action: Physical Activities and Sports. *Offers suggestions to parents for helping their children develop by the careful selection of physical activities and sports from birth through the teen years. This publication may be purchased at a special price of $85.00 per 50 copies when mailed to one address.* 1980: 58 p.; ill.
HE 23.1002:C 43/4 S/N 017-092-00079-1 4.50

___Drug Enforcement Administration Physical Fitness Handbook. *Designed to assist the individual in maintaining a level of fitness conductive to good health and effective job performance.* 1984: 133 p.; ill. looseleaf.
J 24.8:P 56/2 S/N 027-000-01204-3 5.25

___Fitness Challenge in the Later Years: An Exercise Program for Older Americans. *This book has been prepared to help the elderly take advantage of the added years of life which medical science is making possible. It outlines methods for maintaining youthful health and energy, and suggests ways of enhancing the enjoyment of leisure.* 1968: 28 p.; ill. 1981-repr.
HE 17.302:F 55 S/N 017-062-00009-3 3.50

___Fitness Fundamentals: Guidelines for Personal Exercise Programs. *Provides basic information needed to begin and maintain a personal physical fitness program.* 1985: 7 p.; ill.
HE 20.108:F 96 S/N 017-001-00453-7 $25.00 per 100

___Fitness Trail: Building, Signing, and Using the Trail. 1984: 32 p.; ill.
S/N 001-001-00599-1 1.75

___Introduction to Physical Fitness. *Includes self-testing activities, graded exercises, and a jogging program. This publication may be purchased at a special price of $39.00 per 100 copies when mailed to one address.* 1980: 25 p.; ill. 1984-repr.
HE 20.108:P 56/2 S/N 017-002-00144-5 2.75

___Introduction to Running: One Step at a Time. *Includes suggestions for developing a comfortable, economical running style, suggestions on what to wear, and a description of six stretching exercises.*
1980: 16 p.; ill. HE 20.102:St 4 S/N 017-001-00425-1 2.75

___Living Well: An Introduction to Health Promotion and Disease Prevention, From the Surgeon General's Report on Health Promotion and Disease Prevention. *Outlines health risks faced in daily life, and shows how with minor changes in the way one lives, risk of disease or disability can be reduced.* 1980: 35 p.; ill.
HE 20.2:L 76 S/N 017-001-00428-6 4.25

___Physical Fitness/Sports Medicine Bibliography. (Quarterly.) *Bibliographic listings of materials on exercise physiology, sports injuries, physical conditioning, and the medical aspects of exercise.* Subscription price: Domestic - $15.00 a year; Foreign - $18.75 a year. Single copy price: Domestic - $4.75 a copy; Foreign - $5.94 a copy. [PFSM] (File Code 2Q)
HE 20.111: S/N 717-019-00000-8

___Promoting Health, Preventing Disease: Objectives for the Nation. *Includes objectives for physical fitness and exercise.* 1980: 102 p.
HE 20.2:D 63/4 S/N 017-001-00435-9 5.00

Physical Fitness

___Suggestions for School Programs, Youth Physical Fitness. 1980: 99 p.; ill. HE 20.108:Y 8/980 S/N 017-001-00432-4 $ 4.75

___Walking for Exercise and Pleasure. *Explains how walking provides exercise to people of all ages, how walking contributes to fitness, what to wear, warm-up and conditioning exercises, and how far and fast to walk.* 1984: 13 p.; ill. HE 20.102:W 15 S/N 017-001-00447-2 1.00

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FACTS ABOUT...

Exercise: Sample Exercise Programs

There are many ways to begin an exercise program; two examples are included here, a walking and a jogging program. These activities are easy ways for most people to get regular exercise because they do not require special facilities or equipment other than good, comfortable shoes. If walking or jogging does not meet your needs, look for other exercise programs in pamphlets and books on aerobic exercise and sports medicine or look for an exercise program at a community facility.

Effective Ways to Avoid Injuries
For most people, a gradual, sensible exercise program will have minimal health risks. However, you should consult a doctor before you start if you experience one or more of the following:

- You frequently have pains or pressure—in the left or midchest area, left neck, shoulder or arm—during or right after you exercise; often feel faint or have spells of severe dizziness; experience extreme breathlessness after mild exertion;
- You are over age 60 and not accustomed to vigorous exercise or your father, mother, brother, or sister had a heart attack before age 50;
- Or your doctor said you have heart trouble, a heart murmur, or have had a heart attack; uncontrolled high blood pressure; bone or joint problems; or a medical condition not mentioned here which might need special attention in an exercise program.

Once you start on an exercise program, you can help avoid injuries if you:

1. Build up your level of activity *gradually* over the weeks to come.
2. Listen to your body for early warning pains.
3. Be aware of possible signs of heart problems such as:
   - Pain or pressure in the left or midchest area, left neck, shoulder, or arm during or just after exercising. (Vigorous exercise may cause a side stitch while exercising—a pain below your bottom ribs—which is not the result of a heart problem.)
   - Sudden dizziness, cold sweat, pallor, or fainting. Ignoring these signals and continuing to exercise may lead to serious heart problems. Should any of these signs occur, stop exercising and call your doctor.
4. For outdoor activities, take appropriate precautions under special weather conditions.

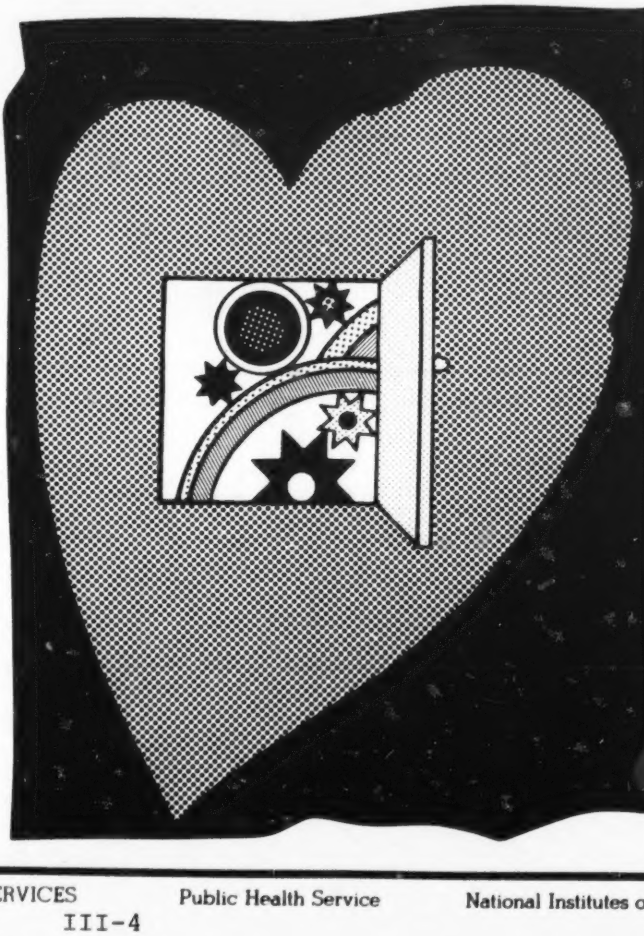
On hot, humid days:

- Exercise less than normal for a week until you become adapted to the heat.
- Drink lots of fluids, particularly water. You do not need extra salt because you get enough salt in your diet. Also, a well-conditioned body learns to conserve salt so that most of the sweat is water.
- Watch out for signs of heat stroke—feeling dizzy, weak, lightheaded, and/or excessively tired; sweating stops; or body temperature becomes dangerously high.

On cold days:

- Wear one layer less of clothing than you would wear if you were outside but not exercising. It's also better to wear several layers of clothing rather than one heavy layer.
- Wear a hat, since up to 40 percent of your body's heat is lost through your neck and head.

5. Another handy tip is if you've eaten a meal, avoid strenuous exercise for at least 2 hours. If you exercise vigorously first, wait about 20 minutes before eating.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES Public Health Service National Institutes of Health

Sample Exercise Programs

The exercise patterns for both of the sample exercise programs are suggested guidelines. Listen to your body and build up less quickly, if needed. If you find a particular week's pattern tiring, repeat it before going on to the next pattern. You do *not* have to complete the walking program in 12 weeks or the jogging program in 15 weeks.

A Walking Program

	Warm up	Target Zone exercising	Cool down	Total time
Week 1				
Session A	Walk slowly 5 min.	Then walk briskly 5 min.	Then walk slowly 5 min.	15 min.
Session B	Repeat above pattern.			
Session C	Repeat above pattern.			
Continue with at least three exercise sessions during each week of the program.				
Week 2	Walk slowly 5 min.	Walk briskly 7 min.	Walk slowly 5 min.	17 min.
Week 3	Walk slowly 5 min.	Walk briskly 9 min.	Walk slowly 5 min.	19 min.
Week 4	Walk slowly 5 min.	Walk briskly 11 min.	Walk slowly 5 min.	21 min.
Week 5	Walk slowly 5 min.	Walk briskly 13 min.	Walk slowly 5 min.	23 min.
Week 6	Walk slowly 5 min.	Walk briskly 15 min.	Walk slowly 5 min.	25 min.
Week 7	Walk slowly 5min.	Walk briskly 18 min.	Walk slowly 5 min.	28 min.
Week 8	Walk slowly 5 min.	Walk briskly 20 min.	Walk slowly 5 min.	30 min.
Week 9	Walk slowly 5 min.	Walk briskly 23 min.	Walk slowly 5 min.	33 min.
Week 10	Walk slowly 5 min.	Walk briskly 26 min.	Walk slowly 5 min.	36 min.
Week 11	Walk slowly 5 min.	Walk briskly 28 min.	Walk slowly 5 min.	38 min.
Week 12	Walk slowly 5 min.	Walk briskly 30 min.	Walk slowly 5 min.	40 min.

Week 13 on:
Check your pulse periodically to see if you are exercising within your heart rate Target Zone. Your maximum heart rate is the fastest your heart can beat. The best activity level is 60 to 75 percent of this maximum rate—this range is called your heart rate Target Zone. To find your heart rate Target Zone, subtract your age from 220. Then multiply your answer by .60 (60 percent). The number you get is how fast your heart should beat beats per minute at the 60 percent level. (For example, if you are 40: 220 - 40 = 180. 180 x .60 = 108 beats per minute.) As you get more in shape, try exercising within the upper range of your heart rate Target Zone. Remember that your goal is to continue getting the benefits you are seeking and enjoying your activity.

A Sample Jogging Program

If you are over 40 and have not been active, you should not begin with a program as strenuous as jogging. Begin with the walking program instead. After completing the walking program, you can start with week 3 of the jogging program below.

	Warm up	Target Zone exercising	Cool down	Total time
Week 1				
Session A	Stretch and limber up for 5 min.	Then walk 10 min. Try not to stop.	Then walk slowly 3 min. and stretch 2 min.	20 min.
Session B	Repeat above pattern.			
Session C	Repeat above pattern.			
Continue with at least three exercise sessions during each week of the program.				
Week 2	Stretch and limber 5 min.	Walk 5 min., jog 1 min., walk 5 min., jog 1 min.	Walk slowly 3 min., stretch 2 min.	22 min.
Week 3	Stretch and limber 5 min.	Walk 5 min., jog 3 min., walk 5 min., jog 3 min.	Walk slowly 3 min., stretch 2 min.	26 min.
Week 4	Stretch and limber 5 min.	Walk 4 min., jog 5 min., walk 4 min., jog 5 min.	Walk slowly 3 min., stretch 2 min.	28 min.
Week 5	Stretch and limber 5 min.	Walk 4 min., jog 5 min., walk 4 min., jog 5 min.	Walk slowly 3 min., stretch 2 min.	28 min.
Week 6	Stretch and limber 5 min.	Walk 4 min., jog 6 min., walk 4 min., jog 6 min.	Walk slowly 3 min., stretch 2 min.	30 min.
Week 7	Stretch and limber 5 min.	Walk 4 min., jog 7 min., walk 4 min., jog 7 min.	Walk slowly 3 min., stretch 2 min.	32 min.
Week 8	Stretch and limber 5 min.	Walk 4 min., jog 8 min., walk 4 min., jog 8 min.	Walk slowly 3 min., stretch 2 min.	34 min.
Week 9	Stretch and limber 5 min.	Walk 4 min., jog 9 min., walk 4 min., jog 9 min.	Walk slowly 3 min., stretch 2 min.	36 min.
Week 10	Stretch and limber 5 min.	Walk 4 min., jog 13 min.	Walk slowly 3 min., stretch 2 min.	27 min.
Week 11	Stretch and limber 5 min.	Walk 4 min., jog 15 min.	Walk slowly 3 min., stretch 2 min.	29 min.
Week 12	Stretch and limber 5 min.	Walk 4 min., jog 17 min.	Walk slowly 3 min., stretch 2 min.	31 min.

continued

A Sample Jogging Program
continued

Week 13	Stretch and limber 5 min.	Walk 2 min., jog slowly 2 min., jog 17 min.	Walk slowly 3 min., stretch 2 min.	31 min.
Week 14	Stretch and limber 5 min.	Walk 1 min., jog slowly 3 min., jog 17 min.	Walk slowly 3 min., stretch 2 min.	31 min.
Week 15	Stretch and limber 5 min.	Jog slowly 3 min., jog 17 min.	Walk slowly 3 min., stretch 2 min.	30 min.

Week 16 on:
Check your pulse periodically to see if you are exercising within your heart rate Target Zone. As you become more fit, try exercising within the upper range of your heart rate Target Zone. Remember that your goal is to continue getting the benefits you are seeking and enjoying your activity.

℞

An exercise prescription for your health

Feel Better
Look Better
Do Better
Enjoy life more fully!

Exercise briskly at least 15-30 minutes three times a week

FACTS ABOUT...

Exercise: What is fact and what is fiction?

Do you know which of these are fact and which are fiction? Circle your answer.

1. Exercising gives you more energy. *Fact or Fiction*
2. All exercises do *not* give you the same benefits. *Fact or Fiction*
3. Exercising takes too much time. *Fact or Fiction*
4. The older you are, the less exercise you need. *Fact or Fiction*
5. You do not have to be athletic to exercise. *Fact or Fiction*

1. **Fact.** As their bodies get more in shape, most people feel exercising gives them even more energy than before. Regular, brisk exercise can also help you resist fatigue and stress.
2. **Fact.** All physical activities can give you enjoyment. But only regular, brisk, and sustained exercises such as brisk walking, jogging, or swimming improve the efficiency of your heart and lungs and burn off a lot of calories. Other activities do not give you these benefits, although they may give you other benefits such as increased flexibility or muscle strength.
3. **Fiction.** Regular exercise does not have to take more than about 25 to 40 minutes, three times a week. Once you have established a comfortable exercise routine, exercising becomes a natural part of your life.
4. **Fiction.** With age we tend to become less physically active, and therefore need to make sure we are getting enough exercise. In general, middle-aged and older people benefit from regular exercise just as young people do. Age need not be a limitation. What is important, no matter what your age, is tailoring the exercise program to your own fitness level.
5. **Fact.** Most brisk activities do not require any special athletic abilities. In fact, many people who found school sports difficult have discovered that these other activities are easy to do and enjoyable.

Exercise and Your Heart Health

We now know that there are several factors that can increase your risk for developing coronary artery disease—and thus the chances for a heart attack. Fortunately, exercise can help reduce or eliminate some of these risk factors.

High Blood Pressure
Regular exercise is associated with lower blood pressure.

Cigarette Smoking
People who exercise vigorously and regularly are more likely to cut down or stop cigarette smoking.

Diabetes
People at normal weight are much less likely to develop diabetes. Exercise also decreases a diabetic's insulin requirements.

Overweight
Exercise can help individuals lose extra pounds or stay at ideal weight.

High Levels of HDL
High levels of HDL (one of the cholesterol carrying proteins in the blood called high density lipoproteins) have been linked to a decreased risk of coronary artery disease. Recent studies have shown that regular exercise significantly increases the levels of HDL.

In summary, current evidence suggests that a moderate amount of regular, brisk exercise may reduce your chances of having a heart attack. But remember that even if you exercise, it is important to reduce or eliminate any risk factors so that you can lower your chances of having a heart attack as much as possible.

For your heart health: exercise regularly; stop or cut down on your smoking; control high blood pressure with proper treatment; cut down on fats, cholesterol, and salt in your diet; and reduce if overweight.

What If I've Had a Heart Attack?

We do not know yet if regular, brisk exercise can reduce the risk of having another heart attack. However, regular exercise can improve the quality of your life—how you feel and look. It can help you do more than before without heart pain (angina) or shortness of breath.

If you've had a heart attack, you should consult your doctor to be sure you are following a safe and effective exercise program. Your doctor's guidance is particularly important because it could help prevent heart pain and/or further damage from overexertion.

Comparing the Benefits and the Risks

Should you begin a regular exercise program? You can answer this question by considering the ways exercise can benefit you and weighing them against the possible risks.

Potential Benefits

More energy and capacity for work and leisure activities

Greater resistance to stress, anxiety, and fatigue and a better outlook on life

Increased stamina and strength

Improved efficiency of the heart and lungs

Loss of extra pounds and help in staying at ideal weight

Reduced risk of heart attack

Potential Risks

Muscle/joint injuries

Heat exhaustion/heat stroke on hot days (rare)

Aggravation of existing or hidden heart problems

℞

An exercise prescription for your health

Feel Better
Look Better
Do Better

Enjoy life more fully!

Exercise briskly at least 15-30 minutes three times a week

Whatever your age moderate physical activity can become a good health habit with lifelong benefits.

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES   Public Health Service   National Institutes of Health

healthstyle a self-test

All of us want good health. But many of us do not know how to be as healthy as possible. Health experts now describe *lifestyle* as one of the most important factors affecting health. In fact, it is estimated that as many as seven of the ten leading causes of death could be reduced through common-sense changes in lifestyle. That's what this brief test, developed by the Public Health Service, is all about. Its purpose is simply to tell you how well you are doing to stay healthy. The behaviors covered in the test are recommended for most Americans. Some of them may not apply to persons with certain chronic diseases or handicaps, or to pregnant women. Such persons may require special instructions from their physicians.

Cigarette Smoking

If you never smoke, enter a score of 10 for this section and go to the next section on *Alcohol and Drugs*.

	Almost Always	Sometimes	Almost Never
1. I avoid smoking cigarettes.	2	1	0
2. I smoke only low tar and nicotine cigarettes *or* I smoke a pipe or cigars.	2	1	0

Smoking Score:__________

Alcohol and Drugs

	Almost Always	Sometimes	Almost Never
1. I avoid drinking alcoholic beverages *or* I drink no more than 1 or 2 drinks a day.	4	1	0
2. I avoid using alcohol or other drugs (especially illegal drugs) as a way of handling stressful situations or the problems in my life.	2	1	0
3. I am careful not to drink alcohol when taking certain medicines (for example, medicine for sleeping, pain, colds, and allergies), or when pregnant.	2	1	0
4. I read and follow the label directions when using prescribed and over-the-counter drugs.	2	1	0

Alcohol and Drugs Score:__________

Eating Habits

	Almost Always	Sometimes	Almost Never
1. I eat a variety of foods each day, such as fruits and vegetables, whole grain breads and cereals, lean meats, dairy products, dry peas and beans, and nuts and seeds.	4	1	0
2. I limit the amount of fat, saturated fat, and cholesterol I eat (including fat on meats, eggs, butter, cream, shortenings, and organ meats such as liver).	2	1	0
3. I limit the amount of salt I eat by cooking with only small amounts, not adding salt at the table, and avoiding salty snacks.	2	1	0
4. I avoid eating too much sugar (especially frequent snacks of sticky candy or soft drinks).	2	1	0

Eating Habits Score:__________

Exercise/Fitness

	Almost Always	Sometimes	Almost Never
1. I maintain a desired weight, avoiding overweight and underweight.	3	1	0
2. I do vigorous exercises for 15-30 minutes at least 3 times a week (examples include running, swimming, brisk walking).	3	1	0
3. I do exercises that enhance my muscle tone for 15-30 minutes at least 3 times a week (examples include yoga and calisthenics).	2	1	0
4. I use part of my leisure time participating in individual, family, or team activities that increase my level of fitness (such as gardening, bowling, golf, and baseball).	2	1	0

Exercise/Fitness Score:__________

Stress Control

1. I have a job or do other work that I enjoy.	2	1	0
2. I find it easy to relax and express my feelings freely.	2	1	0
3. I recognize early, and prepare for, events or situations likely to be stressful for me.	2	1	0
4. I have close friends, relatives, or others whom I can talk to about personal matters and call on for help when needed.	2	1	0
5. I participate in group activities (such as church and community organizations) or hobbies that I enjoy.	2	1	0

Stress Control Score:__________

Safety

1. I wear a seat belt while riding in a car.	2	1	0
2. I avoid driving while under the influence of alcohol and other drugs.	2	1	0
3. I obey traffic rules and the speed limit when driving.	2	1	0
4. I am careful when using potentially harmful products or substances (such as household cleaners, poisons, and electrical devices).	2	1	0
5. I avoid smoking in bed.	2	1	0

Safety Score:__________

What Your Scores Mean to YOU

Scores of 9 and 10

Excellent! Your answers show that you are aware of the importance of this area to your health. More important, you are putting your knowledge to work for you by practicing good health habits. As long as you continue to do so, this area should not pose a serious health risk. It's likely that you are setting an example for your family and friends to follow. Since you got a very high test score on this part of the test, you may want to consider other areas where your scores indicate room for improvement.

Scores of 6 to 8

Your health practices in this area are good, but there is room for improvement. Look again at the items you answered with a "Sometimes" or "Almost Never." What changes can you make to improve your score? Even a small change can often help you achieve better health.

Scores of 3 to 5

Your health risks are showing! Would you like more information about the risks you are facing and about why it is important for you to change these behaviors. Perhaps you need help in deciding how to successfully make the changes you desire. In either case, help is available.

Scores of 0 to 2

Obviously, you were concerned enough about your health to take the test, but your answers show that you may be taking serious and unnecessary risks with your health. Perhaps you are not aware of the risks and what to do about them. You can easily get the information and help you need to improve, if you wish. The next step is up to you.

YOU Can Start Right Now!

In the test you just completed were numerous suggestions to help you reduce your risk of disease and premature death. Here are some of the most significant:

Avoid cigarettes. Cigarette smoking is the single most important preventable cause of illness and early death. It is especially risky for pregnant women and their unborn babies. Persons who stop smoking reduce their risk of getting heart disease and cancer. So if you're a cigarette smoker, think twice about lighting that next cigarette. If you choose to continue smoking, try decreasing the number of cigarettes you smoke and switching to a low tar and nicotine brand.

Follow sensible drinking habits. Alcohol produces changes in mood and behavior. Most people who drink are able to control their intake of alcohol and to avoid undesired, and often harmful, effects. Heavy, regular use of alcohol can lead to cirrhosis of the liver, a leading cause of death. Also, statistics clearly show that mixing drinking and driving is often the cause of fatal or crippling accidents. So if you drink, do it wisely and in moderation. ***Use care in taking drugs.*** Today's greater use of drugs—both legal and illegal—is one of our most serious health risks. Even some drugs prescribed by your doctor can be dangerous if taken when drinking alcohol or before driving. Excessive or continued use of tranquilizers (or "pep pills") can cause physical and mental problems. Using or experimenting with illicit drugs such as marijuana, heroin, cocaine, and PCP may lead to a number of damaging effects or even death.

Eat sensibly. Overweight individuals are at greater risk for diabetes, gall bladder disease, and high blood pressure. So it makes good sense to maintain proper weight. But good eating habits also mean holding down the amount of fat (especially saturated fat), cholesterol, sugar and salt in your diet. If you must snack, try nibbling on fresh fruits and vegetables. You'll feel better—and look better, too.

Exercise regularly. Almost everyone can benefit from exercise—and there's some form of exercise almost everyone can do. (If you have any doubt, check first with your doctor.) Usually, as little as 15-30 minutes of vigorous exercise three times a week will help you have a healthier heart, eliminate excess weight, tone up sagging muscles, and sleep better. Think how much difference all these improvements could make in the way you feel!

Learn to handle stress. Stress is a normal part of living; everyone faces it to some degree. The causes of stress can be good or bad, desirable or undesirable (such as a promotion on the job or the loss of a spouse). Properly handled, stress need not be a problem. But unhealthy responses to stress—such as driving too fast or erratically, drinking too much, or prolonged anger or grief—can cause a variety of physical and mental problems. Even on a very busy day, find a few minutes to slow down and relax. Talking over a problem with someone you trust can often help you find a satisfactory solution. Learn to distinguish between things that are "worth fighting about" and things that are less important.

Be safety conscious. Think "safety first" at home, at work, at school, at play, and on the highway. Buckle seat belts and obey traffic rules. Keep poisons and weapons out of the reach of children, and keep emergency numbers by your telephone. When the unexpected happens, you'll be prepared.

Where Do You Go From Here:

Start by asking yourself a few frank questions: *Am I really doing all I can to be as healthy as possible? What steps can I take to feel better? Am I willing to begin now?* If you scored low in one or more *sections* of the test, decide what changes you want to make for improvement. You might pick that aspect of your lifestyle where you feel you have the best chance for success and tackle that one first. Once you have improved your score there, go on to other areas.

If you already have tried to change your health habits (to stop smoking or exercise regularly, for example),don't be discouraged if you haven't yet succeeded. The difficulty you have encountered may be due to influences you've never really thought about—such as advertising—or to a lack of support and encouragement. Understanding these influences is an important step toward changing the way they affect you.

There's Help Available. In addition to personal actions you can take on your own, there are community programs and groups (such as the YMCA or the local chapter of the American Heart Association) that can assist you and your family to make the changes you want to make. If you want to know more about these groups or about health risks, contact your local health department or the National Health Information Clearinghouse. There's a lot you can do to stay healthy or to improve your health—and there are organizations that can help you. Start a new HEALTHSTYLE today!

For assistance in locating specific information on these and other health topics; write to the National Health Information Clearinghouse.

National Health Information Clearinghouse
P.O. Box 1133
Washington, D.C. 20013

Office of Disease Prevention and Health Promotion

DHHS Nutrition Publications For Consumers

A Selected Annotated Bibliography

DHHS Nutrition Publications for Consumers: A Selected Annotated Bibliography has been compiled for public health nutritionists, nutrition educators, dietitians, and other health care providers who work with the public. This 1985 edition contains descriptions of nutrition publications for consumers issued by the U.S. Department of Health and Human Services.

These pamphlets, booklets, and fact sheets are listed in alphabetical order by title. Unless otherwise specified, a single copy of any of the items may be obtained free of charge by writing to the address given. In your publications request, please specify the title and the order number, if given.

Alcohol And Your Unborn Baby

National Clearinghouse for Alcohol Information, P.O. Box 2345, Rockville, MD 20852

Warns women of the birth abnormalities associated with heavy drinking during pregnancy, a condition known as fetal alcohol syndrome. Describes research findings, offers specific guidelines for alcohol use during pregnancy, discusses alternatives to alcohol, and suggests sources of counseling and support. 1978. 14 pp. *(ADM)78-251.* ***Also available*** from the Food and Drug Administration. *(FDA)81-2155*

Alcohol Topics In Brief: Alcohol And Nutrition

National Clearinghouse for Alcohol Information, P.O. Box 2345, Rockville, MD 20852

Reviews the history of alcoholic beverages as food sources. Discusses the nutrient content, effects, and food value of alcoholic beverages as they have evolved to the present. Contains a chart of nutrients in alcoholic beverages. 1982. 10 pp.

All About Eating For Two

Food and Drug Adminstration, Office of Consumer Affairs, Room 16-63 (HFE-88), 5600 Fishers Lane, Rockville, MD 20857

Discusses the ways in which pregnancy and lactation affect a woman's nutritional needs. This is a reprint from the *FDA Consumer*. 1984. 4 pp. *(FDA)84-2183*

Be Sensible About Salt

National Institute on Aging, Information Office, Building 31, Room 5C-35, Bethesda, MD 20205

Discusses the body's need for sodium, but cautions that many people consume too much of it. States that overuse is associated with high blood pressure. Describes measures that can be taken if your doctor has suggested cutting back on salt. 1984. 1 p. *Age Page Series*

Breast Feeding

National Maternal and Child Health Clearinghouse, 3520 Prospect Street NW., Ground Floor, Washington, DC 20057

Gives practical and detailed advice about breast feeding for new parents, including the advantages, how to prepare, and how to breast feed. Answers some common questions. An extensive daily food guide for nursing mothers is also included. 1980. 22 pp. *(HSA)80-5109* ***Also available*** with the title, "A Gift of Love—Breastfeeding" from the American Academy of Pediatrics, 141 Northwest Point Road, P.O. Box 927, Elk Grove Village, IL 60007; $1.25 for single copy; $75 for 100 copies.

The Confusing World Of Health Foods

Food and Drug Administration, Office of Consumer Affairs, Room 16-63 (HFE-88), 5600 Fishers Lane, Rockville, MD 20857

Discusses the expense of health foods, organic versus synthetic fertilizers, pesticides, and the difficulty of regulating the health food industry. Disagrees sharply with health food advertising claims. This is a reprint from the *FDA Consumer*. 1978. 4 pp. *(FDA)79-2108*

Cook's Questions Answered Here

Food and Drug Administration, Office of Consumer Affairs, Room 16-63 (HFE-88), 5600 Fishers Lane, Rockville, MD 20857

Poses and answers some commonly asked questions about food preparation, such as how much to reheat leftovers. This is a reprint from the *FDA Consumer*. 1983. 2 pp. *(FDA)83-2175*

Diet And Nutrition: A Resource For Parents Of Children With Cancer

National Cancer Institute, Office of Cancer Communications, Building 31, Room 10A-18, Bethesda, MD 20205

Addresses the nutritional needs of pediatric cancer patients and their families. Contains information about the importance of nutrition; side effects of cancer and cancer treatment; ways to help parents encourage their children to eat well during treatment; and special diets. 1982. 57 pp. *NIH Pub. No. 82-2038*

Diet And The Elderly

Food and Drug Administration, Office of Consumer Affairs, Room 16-63 (HFE-88), 5600 Fishers Lane, Rockville, MD 20857

Explains how people over 65 have specific health problems that may be related to what they do and don't eat. 1985. 4 pp. *(FDA)85-2201*

Dietary Supplements: More Is Not Always Better

National Institute on Aging, Information Office, Building 31, Room 5C-35, Bethesda, MD 20205

States that some older people who are ill or whose diets are deficient may benefit from a vitamin and/or mineral preparation prescribed by a physician, but cautions against high-dose supplements without a doctor's advice. 1983. 1 p. *Age Page Series*

Diet, Nutrition And Cancer Prevention: A Guide To Food Choices

National Cancer Institute, Office of Cancer Communications, Building 31, Room 10A-18, Bethesda, MD 20205

Describes what is now known about diet, nutrition, and cancer prevention and provides current information about food components (e.g. fiber, fat, and vitamins) that affect the risk of getting certain cancers. Suggests ways to use the information to select from a broad variety of foods—choosing more of some foods and less of others. 1984. 51 pp. *NIH Pub. No. 85-2711*

Eating Hints: Recipes And Tips For Better Nutrition During Cancer Treatment

National Cancer Institute, Office of Cancer Communications, Building 31, Room 10A-18, Bethesda, MD 20205

Provides recipes for cancer patients and their families and makes realistic suggestions for maintaining optimum nutrition during treatment for cancer. All recipes in this cookbook-style booklet have been tested. 1983. 86 pp. *NIH Pub. No. 83-2079*

Enfermedades Causadas Por Alimentos Contaminados

Food and Drug Administration, Office of Consumer Affairs, Room 16-63 (HFE-88), 5600 Fishers Lane, Rockville, MD 20857

Available only in Spanish, this brochure on foodborne illness outlines ways to handle and store food safely, from proper shopping, refrigeration, and freezing to thawing, cooking, and canning methods. Discusses organisms that cause food poisoning—*salmonella, trichinella spiralis, clostridium botulinum*
tells how to safeguard against —and them. 1980. 5-fold brochure. *(FDA)80-2044S*

Fluoride To Protect The Teeth Of Adults

National Institute of Dental Research, Information Office, Building 31, Room 2C-34, Bethesda, MD 20205

Describes the various ways in which fluoride acts to make teeth less susceptible to decay, both when taken internally during tooth development and when applied directly to the teeth. 1981. 4 pp. *NIH Pub. No. 83-2329*

Fluoride To Protect Your Children's Teeth

National Institute of Dental Research, Information Office, Building 31, Room 2C-34, Bethesda, MD 20205

Describes the various ways in which fluoride can be provided: community water fluoridation, school fluoridation, fluoride tablets and drops, fluoride containing mouth rinses, fluoride dentifrices and the professional application of topical fluorides. 1982. 3 pp. *NIH Pub. No. 82-1141*

Food And Drug Interactions

Food and Drug Administration, Office of Consumer Affairs, Room 16-63 (HFE-88), 5600 Fishers Lane, Rockville, MD 20857

Tells how some foods and drugs can interfere with each other, producing an undesirable effect on the medication's action or on the body's nutritional needs. Gives numerous examples of specific interactions between foods and drugs, such as dairy products and tetracycline. This is a reprint from the *FDA Consumer*. 1978. 4 pp. *(FDA) 80-3070*. ***Large-Type Edition:*** *(FDA)80-3070EV*

Food For The Teenager During and After Pregnancy

National Maternal and Child Health Clearinghouse, 3520 Prospect Street NW., Ground Floor, Washington, DC 20057

Emphasizes the importance of nutrition and weight gain in pregnancy. Provides general nutrition information and sample food plans. Contains an easy-to-use chart on which the pregnant teenager can monitor her weight gain. 1982. 31 pp. *(HRSA)82-5106*. ***Also available*** from the Superintendent of Documents, U.S. Government Printing Office, Washington, DC 20402; Stock No. 017-026-00103-4, $4.50; $90 for 100 copies. ***Printing negatives:*** Available on loan

Food: Staying Healthy After 65

National Institute on Aging, Information Office, Building 31, Room 5C-35, Bethesda, MD 20205

Discusses the kind of diet needed as one grows older with special attention to caloric intake, the basic nutrients, and fiber. Also mentions research being sponsored by the National Institute on Aging to understand how diet and the aging process affect one another. 1980. 1 p. *Age Page Series*

Fructose: Questionable Diet Aid

Food and Drug Administration, Office of Consumer Affairs, Room 16-63 (HFE-88), 5600 Fishers Lane, Rockville, MD 20857

Refutes claims that fructose is an ideal substitute for table sugar. Summarizes the studies, reports, and opinions of health experts, emphasizing the lack of clinical evidence and the need for long-term studies on this and other nonglucose sweeteners. This is a reprint from the *FDA Consumer*. 1980. 4 pp. *(FDA)80-2130*

Good News, Better News, Best News ...Cancer Prevention

National Cancer Institute, Office of Cancer Communications, Building 31, Room 10A-18, Bethesda, MD 20205

Describes cancer risk factors and what people can do to reduce their risks. Includes a section on diet and cancer risk and current information on reducing dietary risks. 1984. 19 pp. *NIH Pub. No. 84-2671* ***Spanish version:*** *Buenas noticias, mejores noticias, las mejores noticias: prevencion del cancer, NIH Pub. No. 84-2674*

Good Teeth For You And Your Baby

National Institute of Dental Research, Information Office, Building 31, Room 2C-34, Bethesda, MD 20205

Explains that good dental habits are especially important for pregnant women and for giving infants a head start toward strong teeth. Covers brushing, flossing, diet, fluoride, dental visits, and baby bottle tooth decay. 1979. 16 pp. *NIH Pub. No. 79-1255*. ***Spanish version:*** *Una buena dentadura para usted y su bebe, NIH Pub. No. 79-1465*

Grandma Called It Roughage

Food and Drug Administration, Office of Consumer Affairs, Room 16-63 (HFE-88), 5600 Fishers Lane, Rockville, MD 20857

Discusses both the benefits and the possible ill effects of adding fiber to the diet, emphasizing the need for more research. Discusses cellulose as a food additive and urges moderation in the ingestion of fiber. This is a reprint from the *FDA Consumer*. 1977. 2 pp. *(FDA)78-2087*

Hints For Shopping, Cooking, And Enjoying Meals

National Institute on Aging, Information Office, Building 31, Room 5C-35, Bethesda, MD 20205

Encourages older people to eat nourishing foods each day. Gives hints about planning meals, grocery shopping, saving money, preparing food, and enjoying meals. States that healthful diets contain a wide variety of foods, and that snacks should be nutritious too. Suggests limiting foods that are high in fat, salt, and sugar. 1984. 2 pp. *Age Page Series*

How To Ignore Salt And Still Please The Palate

Food and Drug Administration, Office of Consumer Affairs, Room 16-63 (HFE-88), 5600 Fishers Lane, Rockville, MD 20857

Suggests substitutes for salt when it is necessary to reduce sodium consumption, listing specific herbs and spices. Suggests books on the subject. This is a reprint from the *FDA Consumer*. 1982. 3 pp. *(FDA)82-2165*

Hyperlipoproteinemia

National Heart, Lung, and Blood Institute, Information Office, Building 31, Room 4A-21, Bethesda, MD 20205

Discusses the five different kinds of hyperlipoproteinemia, describing symptoms, therapeutic diets, and drugs, and lists research centers. Directed to the patient. 1981. 9 pp. *NIH Pub. No. 81-734*

More Than You Ever Thought You Would Know About Food Additives

Food and Drug Administration, Office of
Consumer Affairs, Room 16-63
(HFE-88), 5600 Fishers Lane, Rockville,
MD 20857

Discusses additives in processed foods and explains the purposes of four major categories: those added for nutritional reasons, those that maintain freshness, those that make food appealing, and those used for processing food. Briefly mentions the objections to a few specific additives and explains FDA regulations. This is a reprint from the *FDA Consumer*. 1982. 4 pp. *(FDA)82-2160*

NHLBI Facts About Blood Cholesterol

National Heart, Lung, and Blood Institute, Information Office, Building 31,
Room 4A-21, Bethesda, MD 20205

Defines and discusses cholesterol, coronary heart disease risk factors, high density lipoproteins, and low density lipoproteins. Provides tips for lowering blood cholesterol by diet. Presented in question-and-answer format. 1983. 3 pp. *NHLBI Facts About...Series*

NHLBI Facts About Women: Heart Disease And Stroke

National Heart, Lung, and Blood Institute, Information Office, Building 31,
Room 4A-21, Bethesda, MD 20205

Answers questions about cardiovascular risk factors such as elevated blood cholesterol, high blood pressure, and cigarette smoking and how these factors affect women and their risk of having heart disease or a stroke. 1985. 1 p. *NHLBI Facts About...Series*

Nutrition: A Lifelong Concern

National Institute on Aging, Information
Office, Building 31, Room 5C-35,
Bethesda, MD 20205

Discusses the kind of diet needed as one grows older, including the basic nutrients and fiber, and stresses the need for variety and moderation. Advises older people to talk with their doctors about their eating habits if they have any illnesses that require dietary changes or if they are taking drugs that may interfere with foods. 1984. 2 pp. *Age Page Series*

Nutrition And Your Health: Dietary Guidelines For Americans

National Health Information
Clearinghouse, P.O. Box 1133,
Washington, DC 20013-1133

Presents seven guidelines for a healthy diet with special reference to the food habits of Americans. Avoiding too much fat, sugar, sodium, and alcohol, eating a variety of foods with adequate starch and fiber, and maintaining ideal weight are discussed. 1980. 20 pages. ***Also available*** from the Superintendent of Documents, U.S. Government Printing Office, Washington, DC 20402; Stock No. 001-000-04248-3, $2.25; $27 for 100 copies. ***Spanish version:*** *Nutricion y su salud: una guia para su dieta.* ***Printing negatives:*** Available on loan from the DHHS Nutrition Coordinating Office, Mary E. Switzer Building, Room 2132, 330 C St. SW., Washington, DC 20201

Nutrition Checkups For Children: Tips For Parents

National Maternal and Child Health
Clearinghouse, 3520 Prospect Street
NW., Washington, DC 20057

Describes nutritional screening—weighing, measuring height, checking blood, checking teeth—and the importance of following up on recommendations that result from screening. 1981. 8 pp. *(HSA)81-5113* ***Spanish version:*** *Examenes de nutricion para ninos: algunas sugerencias para los padres de familia. (HSA)81-5116.* ***Printing negatives:*** Available on loan

Nutrition Research At The National Institutes Of Health

National Institutes of Health, Nutrition
Coordinating Committee Office, Building
31, Room 4B-59, Bethesda, MD 20205

Describes the NIH program in biomedical and behavioral nutrition research and training in terms of the specific areas supported by each of the 11 institutes and the Division of Research Resources (DRR). Includes names and addresses of contact persons within each institute and the DRR, areas of program development, and award mechanisms, i.e. grants, contracts, cooperative agreements, clinical trials, manpower development, and research training. 1983. 32 pp. *NIH Pub. No. 83-2611*

On Being Too Rich, Too Thin, Too Cholesterol Laden

Food and Drug Administration, Office of
Consumer Affairs, Room 16-63
(HFE-88), 5600 Fishers Lane, Rockville,
MD 20857

Discusses the relationship between fatty foods, cholesterol, and heart disease. Differentiates between high-density lipoproteins and low-density lipoproteins and describes the lipid-lowering drugs. Recommends a low-fat diet, exercise, and maintaining ideal weight as ways to promote cardiovascular health. This is a reprint from the *FDA Consumer*. 1981. 3 pp. *(FDA)81-1087*

Osteoporosis, Calcium And Estrogens

Food and Drug Administration, Office of
Consumer Affairs, Room 16-63 (HFE-
88), 5600 Fishers Lane, Rockville, MD
20857

Explains that the lack of calcium in the diet and diminishing supplies of estrogen are usually the causes of osteoporosis, a bone-weakening condition that most often affects women. 1985. 4 pp. *(FDA)85-1117*

Osteoporosis: The Bone Thinner

National Institute on Aging, Information
Office, Building 31, Room 5C-35,
Bethesda, MD 20205

States that one in four women after the age of 60 develops the bone-thinning disorder, osteoporosis. Discusses possible contributing factors, diagnosis, treatment, and prevenfion. 1983. 2 pp. *Age Page Series*

Potassium: Keeping A Delicate Balance

Food and Drug Administration, Office of
Consumer Affairs, Room 16-63 (HFE-
88), 5600 Fishers Lane, Rockville, MD
20857

Tells why people trying to reduce sodium intake should not use salt substitutes, especially those containing potassium chloride, except under a doctor's guidance. This is a reprint from the *FDA Consumer*. 1983. 4 pp. *(FDA)83-2170*

A Primer On Dietary Minerals

Food and Drug Administration, Office of
Consumer Affairs, Room 16-63 (HFE-
88), 5600 Fishers Lane, Rockville, MD
20857

Describes the functions of dietary minerals and lists rich sources of specific minerals. Includes both macrominerals and the trace elements. A chart gives the U.S. Recommended Dietary Allowances of minerals for infants, children, adults, and pregnant or lactating women. This is a reprint from the *FDA Consumer*. 1974. 4 pp. *(FDA)77-2070*

Primer On Three Nutrients: Proteins, Carbohydrates, And Fats

Food and Drug Administration, Office of
Consumer Affairs, Room 16-63
(HFE-88), 5600 Fishers Lane, Rockville,
MD 20857

Focuses on these three main energy-producing nutrients. Discusses amino acids, simple and complex carbohydrates, and saturated and unsaturated fatty acids. Other topics include the amount of fat and carbohydrates we consume and nutrition labeling of protein. This is a reprint from the *FDA Consumer*. 1981. 4 pp. *(FDA)81-2026*

Questions About Weight, Salt And High Blood Pressure

High Blood Pressure Information Center,
120/80 National Institutes of Health,
Bethesda, MD 20205

Explains that high blood pressure is more common in overweight people and in people whose diet is high in sodium. Suggests ways to lose weight and cut down on sodium and explains the role of high blood pressure medicines. 1984. 8 pp. *NIH Pub. No. 84-1459*

Sodium: Think About It...

Food and Drug Administration, Office of Consumer Affairs, Room 16-63 (HFE-88), 5600 Fishers Lane, Rockville, MD 20857

Tells what foods contain sodium and how to reduce the sodium in one's diet. Discusses sodium in processed foods and recommends careful reading of food labels. 1982. 4-fold brochure. *(FDA)82-2164*

Some Facts And Myths Of Vitamins

Food and Drug Administration, Office of Consumer Affairs, Room 16-63 (HFE-88), 5600 Fishers Lane, Rockville, MD 20857

The myths—that natural vitamins are superior to synthetic, that vitamin supplements are necessary, and that vitamins give you pep—are countered with facts. Provides a chart showing the U.S. Recommended Dietary Allowances for vitamins for infants, children, adults, and pregnant or lactating women. This is a reprint from the *FDA Consumer*. 1974. 4 pp. *(FDA)79-2117*

Sugar: How Sweet It Is - And Isn't

Food and Drug Administration, Office of Consumer Affairs, Room 16-63 (HFE-88), 5600 Fishers Lane, Rockville, MD 20857

Addresses an issue that has become controversial in recent years: the amount of sugar, especially in beverages and processed foods, that Americans consume. Summarizes the positions of the Sugar Association, the American Diabetes Association, and other groups on both sides of the issue. This is a reprint from the *FDA Consumer*. 1980. 4 pp. *(FDA)80-2127*

There's Something To Be Said For Never Saying, 'Please Pass The Meat'

Food and Drug Administration, Office of Consumer Affairs, Room 16-63 (HFE-88), 5600 Fishers Lane, Rockville, MD 20857

Discusses the myth that vegetarians are poorly nourished fanatics and points out the nutritional and ecological advantages of a meatless diet. Gives general guidelines for a vegetarian diet from the Food and Nutrition Board. This is a reprint from the *FDA Consumer*. 1981. 2 pp. *(FDA)81-2144*

Vitamin E: Miracle Or Myth?

Food and Drug Administration, Office of Consumer Affairs, Room 16-63 (HFE-88), 5600 Fishers Lane, Rockville, MD 20857

Refutes the extravagant claims made for vitamin E, describing research studies that have produced no scientific evidence that supplementary vitamin E, in either food or cosmetics, is beneficial to persons in good health. This is a reprint from the *FDA Consumer*. 1973. 4 pp. *(FDA)76-2011*

What About Vitamin C?

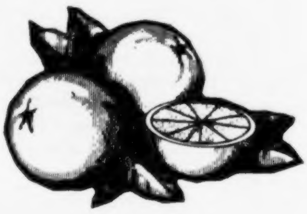
Food and Drug Administration, Office of Consumer Affairs, Room 16-63 (HFE-88), 5600 Fishers Lane, Rockville, MD 20857

Summarizes what scientists know and do not know about vitamin C. Describes in detail two studies showing that it may reduce the severity of colds but mentions other evidence that high doses may be toxic. "Wait and see" is the advice given readers. This is a reprint from the *FDA Consumer*. 1974. 4 pp. *(FDA)75-2015*

What Black Americans Should Know About Cancer

National Cancer Institute, Office of Cancer Communications, Building 31, Room 10A-18, Bethesda, MD 20205

Explains the rates and risks of cancer among blacks and answers the most-often-asked questions about cancer—its causes, detection, prevention, treatment, and rehabilitation—and addresses some common misconceptions. A section on dietary recommendations is included. 1982. 28 pp. *NIH Pub. No. 82-1635*



Office of Disease Prevention and Health Promotion
Public Health Service
U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

A single copy of this bibliography is available from the
NATIONAL HEALTH INFORMATION CLEARINGHOUSE
ODPHP/NHIC
P.O. Box 1133
Washington, DC 20013-1133

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National Health Information Clearinghouse HEALTHFINDER

A Service of Office of Disease Prevention and Health Promotion, Public Health Service, U.S. Department of Health and Human Services.

WEIGHT CONTROL

Weight control is a problem for many Americans. Obesity is clearly related to diabetes, gall bladder disease, and high blood pressure and may contribute significantly to heart disease. Weight loss may occur with sensible dieting; however, people should be skeptical of fad diets and other quick-weight-loss regimens. In the first Surgeon General's Report on Health Promotion and Disease Prevention, *Healthy People,* the point is made that there is no quick, easy solution to overweight. Among adults, especially, it has proved very difficult to lose weight on a lasting basis. Permanent weight loss has been found easier to achieve by people who inventory their food intake, avoid situations that entice them to overeat, and change their eating and exercise habits gradually. Before beginning a weight reduction program, it is important to consult with a health care professional.

This *Healthfinder* describes some of the currently available pamphlets and books on weight loss. The first section focuses on eating habits, sample diets, and exercise. The second section addresses fad diets. Prices include the cost of postage and handling and are subject to change. Besides the materials listed, other books and articles on weight control may be available from local libraries. The publications listed should be ordered directly from the sources given; **they are not available from the National Health Information Clearinghouse (NHIC).**

WEIGHT CONTROL, NUTRITION, AND EXERCISE

Calories and Weight. 1981. 80 pages. Contains basic diet information, including how to choose foods for weight control. Includes a 70-page calorie table. Superintendent of Documents, U.S. Government Printing Office, Washington, DC 20402, (202)783-3238, Stock No. 001-000-04164-9, $2.25.

Exercise and Weight Control. 1976. 8 pages. Stresses the importance of exercise for weight loss and control and for general health and fitness. Explains how to combine exercise and diet to maintain body weight. President's Council on Physical Fitness and Sports, 450 5th Street NW., Suite 7103, Washington, DC 20201, (202)272-3430, single copy free.

Food 2. A Dieter's Guide. 1982. 48 pages. Covers all areas concerning weight loss, from exercise to designing a diet regimen, including cholesterol and fat content in foods, the four basic food groups, low-calorie snacks, changing eating habits, fad diets, and sample 1200-, 1500-, and 1800-calorie diets. Contains over 40 recipes and photographs. American Dietetic Association, 430 North Michigan Avenue, Chicago, IL 60611, (312)280-5000, $6.50.

Food and Fitness. 1973. 96 pages. Compiles numerous articles on food, eating habits, and factors contributing to obesity, as well as ways to make your own exercise program and diet plans. Contact your local Blue Cross and Blue Shield Association, $1.25.

A Guide for Weight Reduction. 1975. 12 pages. Emphasizes the need to count and limit calories. Provides sample diets from 1200 to 1800 calories and selections from the four basic food groups. Contact your local American Heart Association, single copy free.

The Healthy Approach to Slimming. 1984. 20 pages. Provides equal emphasis on diet and on exercise to lose weight. Includes a weight chart, exercise activities, sample 1200- and 1600- calorie diets, and information on the four basic food groups. American Medical Association, Order Dept. OP-003, P.O. Box 10946, Chicago, IL 60610, (312)280-7168, $1.00, minimum order, 10 copies.

How You Can Control Your Weight. 1984. 6 pages. Presents the current Metropolitan Life Height and Weight Table and encourages well-designed diets to obtain the ideal weight. Suggests getting on a weight control plan that changes eating habits and establishes an exercise routine. Metropolitan Life Insurance Company, Health and Safety Education Division, One Madison Avenue, New York, NY 10010, (212)578-5016, single copy free with self-addressed stamped business envelope.

Nutrition and Your Health: Dietary Guidelines for Americans. 1985. 24 pages. Makes dietary recommendations concerning fat, starch, fiber, sodium, sugar, alcohol, maintaining ideal weight, and eating a variety of foods. National Health Information Clearinghouse, P.O. Box 1133, Washington, DC 20013, (800)336-4797, single copy free.

Nutrition Fact Sheets. 1983. Packet of 24 fact sheets on nutrition. Includes three on weight control: "Weight Control," "A Dieter's Bookshelf," and "Fad Diet Fraud." Pennsylvania State University, Nutrition Information and Resource Center, Benedict House, University Park, PA 16802, (814)865-6323, single copy free, $7.50 for the entire packet of 24 fact sheets.

Overweight—A Problem for Millions. 1983. 24 pages. Discusses the reasons for obesity in children and adults. Explains the effects obesity can have on health and makes suggestions for successful reducing. Includes a height and weight chart for men and women. Public Affairs Committee, 381 Park Avenue South, New York, NY 10016, (212)683-4331, $1.00.

Pathfinders: Fad Weight Loss Diets and ***Nutrition, Fitness, and Well Being.*** 1985. Provide an overview of information resources on these topics. *Pathfinders* are a series of resource guides on food and nutrition topics with separate guides written on consumer, educator, and professional levels. They include pamphlets, booklets, journal articles, and organization contacts. Food and Nutrition Information Center, National Agricultural Library, Room 304, Beltsville, MD 20705, (301)344-3719, single copy free.

Weight Control. 1981. 6 pages. Dispels many common myths about dieting and makes recommendations on how to initiate a weight control program. Harvard Medical School Health Letter, 79 Garden Street, Cambridge, MA 02138, (617)495-5234, $2.50.

What to Know About a Weight Control Diet Before You Eat One. 1981. 8 pages. Offers practical advice to individuals planning to start a weight control diet. Stresses the importance of good nutrition while dieting and the importance of exercise to aid in weight loss. Contact your local Dairy Council or the National Dairy Council, 6300 North River Road, Rosemont, IL 60018, (312)696-1020, catalog no. 0133N, $.20.

You and Your Weight. 1979. 15 pages. Presents the basic problems of being overweight, and the need to diet, exercise, and count calories. Channing L. Bete Co., 200 State Road, South Deerfield, MA 01373, (800)628-7733, $.69, minimum order of 25; bulk discounts available.

Your Calorie Catalog. 1985. 23 pages. Provides calorie content of over 1200 foods and beverages. Lists items under the four basic food groups and includes additional listings on ethnic dishes and fast foods. Contact your local Dairy Council or the National Dairy Council, 6300 North River Road, Rosemont, IL 60018, (312)696-1020, catalog no. 0040, $.70.

FAD DIETS

About Body Wraps, Pills and Other Magic Wands for Losing Weight. 1983. 3 pages. Reviews various weight-reducing products, such as wraps, starch blockers, spirulina, and diet pills, focusing on their lack of effectiveness and possible harm. Food and Drug Administration, Office of Consumer Affairs, 5600 Fishers Lane (HFE-88), Rockville, MD 20857, (301)443-3170, single copy free.

Cellulite: Hard to Budge Pudge. 1980. 4 pages. Discusses myths and fallacies concerning fat and cellulite. Highlights the products marketed for the condition with the basic premise that to lose weight requires diet and exercise. Food and Drug Administration, Office of Consumer Affairs, 5600 Fishers Lane (HFE-88), Rockville, MD 20857, (301) 443-3170, single copy free.

How to Take Weight Off (And Keep It Off) Without Getting Ripped Off. 1985. 4 pages. Discusses the unproven claims of widely promoted fad diets, pills, potions, and devices. Sets forth a sensible approach to weight loss with balanced diet and exercise. Food and Drug Administration, Office of Consumer Affairs, 5600 Fishers Lane (HFE-88), Rockville, MD 20857, (301) 443-3170, single copy free.

In Only Four Weeks.... 1977. 5 pages. Informs consumers about weight control devices, products, practices, and programs and warns against fraudulent claims, citing harmful effects and long-term consequences. Food and Drug Administration, Office of Consumer Affairs, 5600 Fishers Lane (HFE-88), Rockville, MD 20857, (301)443-3170, single copy free.

Popular Diets—How They Rate. 1982. 56 pages. Reviews and evaluates 14 popular diets for their nutritional value and their effectiveness in weight reduction. Each diet is analyzed by dietitians and reasons for not recommending certain diets are included. Los Angeles District, California Dietetic Association, P.O. Box 3506, Santa Monica, CA 90403, (213)454-4916, $4.75.

Publications List - Office on Smoking and Health

Public Information

Smoking, Tobacco, and Health
A Fact Book

Cigarette Mash Poster

Animal Posters

Butt Out Poster

What you don't know about smoking
can hurt you.

If your kid thinks everyone smokes,
they don't know everyone.

How a non-smoker can help a smoker
become an ex-smoker

No more butts

Now you're smoking for two

A Self Test for Smokers

A Self Test for Teenagers

Check out Your Cigarette (Tar,
Nicotine, & Carbon Monoxide listed
by brand)

Why People Smoke Cigarettes

Clearing the Air

Technical Publications

Technical Information Brochure

State and Local Programs

State Legislation on Smoking and Health

Surgeon General's Reports:

- 1980 - Health Consequences of Smoking: Women
- 1981 - Health Consequences of Smoking: The Changing Cigarette
- 1982 - Health Consequences of Smoking: Cancer
- 1983 - Health Consequences of Smoking: Cardiovascular Disease
- 1984 - Health Consequences of Smoking: Chronic Obstructive Lung Disease

Smoking and Health Bulletin

Bibliography on Smoking and Health

Directory of On-Going Research

To obtain these publications contact:

Ms. Louise Wiseman
Office on Smoking and Health
Park Bldg. 1-10
Rockville, MD 20857
(301)443-1690

National High Blood Pressure Education Program Order Form

All Items Are Free

Allow 6 Weeks for Delivery

High Blood Pressure Information Center
120/80 National Institutes of Health
Bethesda, Maryland 20892
(301) 496-1809

For more than sample copies of any item, please tell us on a separate sheet of paper about:

1. Your high blood pressure program and its services, including the sponsoring agency or group.
2. The audience for whom the materials are intended.
3. How the materials will be distributed.
4. The goals you wish to accomplish.

Name ____________________

Organization ____________________

Street ____________________

City ____________________ **State** ________ **Zip** ________

Telephone (   ) ____________________ **Date** ____________

Materials for Patients and Consumers

Reading level indications for consumer pamphlets were calculated using the SMOG Readability Formula. The levels roughly correspond to these school grade levels: Very Easy, grades 6-7; Easy, grade 8; Average, grades 9-10; Fairly Difficult, grades 11-13.

pamphlets

QUANTITY ORDERED

81-2025 ***Alta Presion de la Sangre/High Blood Pressure** (12 pages) Spanish and English text describes high blood pressure, its treatment, the need to follow doctor's advice, and the role of the patient's family. "Very Easy" reading level.

83-2024 ***Blacks and High Blood Pressure** (8 pages) Describes high blood pressure, its importance to blacks, the need for treatment, and the role of the patient's family. "Very Easy" reading level.

QUANTITY ORDERED

______ **High Blood Pressure & What You Can Do About It** (32 pages) Describes nature and measurement of blood pressure, both normal and high, with discussion of drug treatment and side effects as well as life-style changes that might be recommended. "Fairly Difficult" reading level.

84-1459 ***Questions About Weight, Salt, and High Blood Pressure** (10 pages) Describes what is known about the relationship between certain diet changes and high blood pressure. "Average" reading level.

82-1477 ***Verdad y Ficcion Sobre la Presion Arterial Alta** (4 pages) Spanish version of High Blood Pressure Facts and Fiction. "Easy" reading level.

***May be reproduced.**

revised October 1985

posters

QUANTITY ORDERED	
______	***So You Think You've Been Cured of High Blood Pressure** (16" x 20") Explains that high blood pressure can be controlled, not cured, and that a person should take high blood pressure medication even when blood pressure reading is normal.
______	***Don't Skip Your Blood Pressure Medication** (16" x 20") States that activities such as watching one's diet and exercising are desirable for the person with high blood pressure but are not substitutes for medication.
______	***High Blood Pressure...You Can't Tell By the Way You Feel** (16" x 20") Explains that some people mistakenly take their high blood pressure pills only when they feel tense or dizzy or have a headache.
______	***Think You Know What Hypertension Means?** (16" x 20") States that hypertension should not be confused with nervous tension and that high blood pressure pills should not be taken only when a person is feeling upset.
______	***High Blood Pressure, Treat It for Life** (12" x 16") Depicts a woman leaving a pharmacy after filling her prescription for high blood pressure medication.

QUANTITY ORDERED	
______	***Life Savers** (16" x 20") Describes a variety of actions needed to maintain one's high blood pressure treatment regimen.
______	***Make Control Your Lifetime Goal** (11" x 26") Encourages lifetime control of high blood pressure by presenting a variety of actions needed to maintain one's treatment regimen.
______	***Reach a New Low** (18" x 22") Encourages high blood pressure control.
______	***Some Hints for People Who Take High Blood Pressure Medicine** (12" x 18") Reminds patients to take medication and to talk with their doctor, nurse, or pharmacist when questions arise.
______	***Tomorrow** (17" x 22") Encourages patients to treat their high blood pressure for life -- beginning today.
	***Their Future Is in Your Hands. Treat Your High Blood Pressure Every Day** (16" x 20") Depicts children representing various ethnic and geographic groups. Poster may be ordered for the following groups:
______	Blacks
______	Hispanics (text in Spanish)
______	Native Americans
______	Rural Populations
______	U.S. Asians and Pacific Islanders

program planning resources

80-1663	***Audiovisual Aids for High Blood Pressure Education** (guide, 1980, 195 pages) Lists films, videotapes, audiocassettes, filmstrips, and slides produced by a variety of resource organizations. Includes aids for professional, patient, and consumer audiences.
82-2333	***Community Guide to High Blood Pressure Control** (guide, 1982, 137 pages) Summarizes approaches to program development, and examines components of a high blood pressure program such as public education and patient teaching.
77-1086	***Handbook for Improving High Blood Pressure Control in the Community** (handbook, 1977, 105 pages) Contains means of identifying community needs and resources, plans for determining appropriate program priorities, mechanisms for evaluating program activities, and organizational methods.
______	**Living With Hypertension** (5 pamphlets) Consists of pamphlets that discuss adherence to treatment, measuring progress, taking medication, and family support.
81-2204	***Patient Tracking for High Blood Pressure Control** (manual, 1981, 66 pages) Outlines procedures for planning and operating a patient tracking system for improved control of high blood pressure in a variety of health care settings.
84-1271	***The Physician's Guide: How to Help Your Hypertensive Patients Stop Smoking** (guide, 1984, 24 pages) Shows what every physician can do within a busy office practice to persuade hypertensive patients to stop smoking.
85-1244	***Printed Aids for High Blood Pressure Education: A Guide to Evaluated Publications** (guide, 1985, 123 pages) Describes and evaluates high blood pressure education materials available from a variety of sources.
______	**The State Legislature and High Blood Pressure Program Funding** (pamphlet, 1982, 6 pages) Explains how to work with state and federal legislators to promote funding and support for high blood pressure control.
83-1125	***Worksite High Blood Pressure Control Programs: An Introduction** (pamphlet, 1983, 8 pages) Discusses economic costs of cardiovascular disease, requirements for effective company blood pressure control programs, and how to start a program for employees.

***May be reproduced.**

Materials for Professionals
technical information

QUANTITY ORDERED

______ **Critical Patient Behaviors in High Blood Pressure Control** (reprint, Cardio-Vascular Nursing, July-August 1980) States that patient participation is critical to successful high blood pressure control.

79-1056 ***Diagnosis and Management of Hypertension** (report, 136 pages, 1979) Present results of a 1977 nationwide survey of physicians' knowledge, attitudes, and reported behaviors concerning high blood pressure.

______ **Hypertension Continuing Education Unit** (four reprints, American Journal of Nursing, May 1980) Discusses hypertension, blood pressure measurement, and drug therapy and side effects.

______ ***Hypertension Prevalence and the Status of Awareness, Treatment, and Control in the United States** (report, 16 pages, 1985) Presents the methodology and results of a current estimation of the magnitude of the hypertension problem in the United States.

______ ***JNC Desk Card** (desk card, 1 page, 1985) Presents blood pressure classification and follow-up criteria from the 1984 Report of the Joint National Committee on Detection, Evaluation, and Treatment of High Blood Pressure. Also includes stepped-care approach to drug therapy and lists antihypertensive agents identified in the report.

______ **Patient Behavior for High Blood Pressure Control** (reprint, Journal of the American Medical Association, June 1979) Report of the Working Group to Define Critical Patient Behaviors in High Blood Pressure Control.

QUANTITY ORDERED

______ **Patient Behaviors That Promote High Blood Pressure Control** (reprint, Contemporary Pharmacy Practice, Fall 1980) Stresses the importance of the pharmacist in promoting high blood pressure treatment maintenance.

______ ***The Public and High Blood Pressure: Six-Year Followup Survey of Public Knowledge and Reported Behavior** (report, 134 pages, reprinted 1985) Compares results of 1973 and 1979 nationwide surveys of public knowledge, attitudes, and reported behavior concerning high blood pressure.

______ ***Recommendations for Treatment of Mild Hypertension** (statement, 2 pages, 1983) Discusses findings of the Hypertension Detection and Follow-Up Program and the Multiple Risk Factor Intervention Trial.

______ **Report of the Task Force on Blood Pressure in Children** (reprint, Pediatrics, May 1977) Presents findings and recommendations regarding children on techniques of blood pressure measurement; distribution of blood pressure levels; and approach to the detection, diagnosis, and management of pediatric hypertension.

83-2269 ***Report of the Working Group on Critical Patient Behaviors in the Dietary Management of High Blood Pressure** (46 pages) Describes necessary actions that hypertensives and professionals can take that will help achieve greater success in sodium restriction and weight management.

______ ***Collaboration in High Blood Pressure Control: Among Professionals and With the Patient** (4 pages) Position statement by NHBPEP Coordinating Committee discusses the benefits of collaboration among professionals and with patients.

Supplementary Materials
(available while supplies last)

______ **American Journal of Nursing** (journal reprint, May 1978, 9 pages) Articles on high blood pressure control, treatment, counseling, and patient adherence.

80-1219 ***Behavioral Approaches to the Treatment of Hypertension: A Bibliography** (bibliography, revised February 1980, 67 pages) Comprehensive guide to the literature on behavioral treatment of hypertension.

______ **The Case for the Treatment of Mild Hypertension** (monograph, 1985, 18 pages) Clarifies some of the issues regarding treatment of mild hypertension and provides information for physicians and other health care providers about planning their treatment program.

______ ***Down With High Blood Pressure** Red and white lapel badge with message and high blood pressure symbol. Useful for screenings, patient education, meetings, etc.

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Supplementary Materials
(available while supplies last)

QUANTITY ORDERED	
81-1474 80-2187	***Final Report of the National Black Health Providers Task Force on High Blood Pressure Education and Control** (report, reprinted April 1981, 356 pages) Discusses the roles of various health care providers in blood pressure control. Accompanied by the NHLBI review and response to the report, which indicates necessary steps to be taken for each recommendation.
______	**Helping the Hypertensive Patient Control Sodium Intake** (reprint, American Journal of Nursing, May 1979) Discusses importance of sodium, alternatives to sodium restriction, planning diets, and teaching guidelines for sodium-restricted diets.
______	***High Blood Pressure Control in the Worksetting: Issues, Models, Resources** (proceedings, 1976, 102 pages) Proceedings of the National Conference on High Blood Pressure Control in the Worksetting, October 14, 1976, Washington, D.C.
______	***High Blood Pressure Control in the Worksetting: Special Programs Issue** (NHBPEP newsletter, 12 pages) Features seven examples of high blood pressure control programs in the workplace.
______	***High Blood Pressure. Treat It...and Live!** (poster, 16" x 20") Depicts wife encouraging husband to take high blood pressure medication every day.
______	***High Blood Pressure. Treat It...and Live!** (poster, 16" x 20") Depicts doctor handing male patient a prescription, and explains that although there is no cure, high blood pressure can be controlled.
______	***Infomemo** (NHBPEP newsletter, June 1979, 8 pages) Describes six high blood pressure control programs in rural communities.

QUANTITY ORDERED	
______	**Journal of Preventive Dentistry** (journal reprint, June 1980, 37 pages) Articles on the role of the dentist in the detection, measurement, management, and tracking of high blood pressure.
______	**Practicing Pharmacist's Handbook** (handbook, 1977, 84 pages) Guidelines for the pharmacist for establishing high blood pressure control services.
______	**Problem-Solving Technology: Reaching Consensus on Diagnostic Technology for Hypertension** (reprint, Clinical Engineering, July-August 1979) Report of a workshop on improving clinical and consumer blood pressure measuring devices.
82-2188	***Review of National High Blood Pressure Education Program Activities in Minority Populations** (report, 1982, 20 pages) Reviews high blood pressure control activities in Black, Native American, Hispanic, and Asian/Pacific Islander populations.
______	**Salt and Your Health** (reprint, Consumer Reports, January 1984) Explores the connection between salt and high blood pressure and suggests ways to cut down on salt intake. Single copies only.
______	**Trends in Hypertension Control in the United States** (reprint, CHEST, September 1984) Examines trends in public knowledge, patient behavior, control status, and mortality rates associated with high blood pressure.
______	**Urban Health** (journal, May 1983, 56 pages) Eleventh annual high blood pressure issue.
______	**Your Low Sodium Diet** (booklet, revised 1982, 43 pages) Presents basic rules for shopping, what foods to buy and what foods not to buy, ways to use less sodium, and how to modify recipes. Features large print and bold graphics and drawings.

***May be reproduced.**

For More Information . . .

In addition to distributing materials listed here, the High Blood Pressure Information Center serves as a central national clearinghouse for information on various aspects of high blood pressure control and can assist in locating other sources of educational materials and audiovisual aids.

HIGH BLOOD PRESSURE INFORMATION CENTER
120/80 National Institutes of Health
Bethesda, Maryland 20892
(301) 496-1809

National Health Information Clearinghouse HEALTHFINDER

A service of the Office of Disease Prevention and Health Promotion, Public Health Service, U.S. Department of Health and Human Services

STRESS INFORMATION RESOURCES

Stress is a part of everyday life. Although the word has negative connotations for many of us, stress is not all bad. Having a car accident or an argument can be stressful, but so can changing jobs or getting married. Stress is simply the body's reaction, physical and emotional, to change or to a situation that may be dangerous, irritating, confusing, or even excessively boring. Just as there are different kinds of stressors, there are different kinds of stress reactions. "Good" stress, or eustress, is a positive, motivating force toward a desired end, while "bad" stress, or distress, can lead to serious health problems. Stress management techniques can help prevent such problems and contribute to optimum health.

Information on stress and stress management is available from the publications and organizations described in this *Healthfinder*. Compiled for the general public and for health professionals who provide information to the public, it is divided into two sections. The first describes organizations, and the second describes publications. The publications, all free or low-cost materials written for the lay public, concern general adult and childhood stress.Please order publications directly from the sources indicated. Prices include postage and handling and are subject to change.

ORGANIZATIONS

EMOTIONS ANONYMOUS (EA), P.O. Box 4245, St. Paul, MN 55104, (612)647-9712. Supports local peer support groups open to anyone seeking help for their emotional or living problems. Publishes a magazine, literature on emotional illness, and guidelines for conducting local groups. There are currently about 600 EA groups in the United States, and contact information on local groups is available from the national office.

NATIONAL INSTITUTE OF MENTAL HEALTH (NIMH), Public Inquiries Section, Science Communication Branch, Parklawn Bldg., Room 15C-17, 5600 Fishers Lane, Rockville, MD 20857, (301)443-4513. Provides informative publications about stress and stress management, as well as other aspects of mental health. The NIMH is the primary source of mental health information in the Federal government. Publications are targeted to the lay public as well as to health professionals.

NATIONAL MENTAL HEALTH ASSOCIATION (NMHA), Public Information and Education, 1021 Prince St., Alexandria, VA 22314, (703)684-7722. Works to improve public understanding of mental health and mental illness and to assist the mentally ill and their families. A total of 850 State and local chapters provide information services to individuals and community groups, emotional support for families, and assistance to school systems and local governments. Contact information for State and local chapters and a publications catalog are available from the national office.

PUBLICATIONS

Help for Your Troubled Child. 24 pages. Discusses troubled children and ways to identify them, using a fictitious family as an example. Talks about applying for therapeutic help if needed and types of treatment. For sale by Public Affairs Pamphlets, 381 Park Ave. South, New York, NY 10016, (212)683-4331. $1; bulk discounts available.

Helping Children Face Crisis. 24 pages. Analyzes parents' and children's reactions to crisis. Discusses specific examples, such as death in the family, separation and divorce, and starting school, and ways in which parents can help to reduce a child's anxiety surrounding these events. For sale by Public Affairs Pamphlets, 381 Park Ave. South, New York, NY 10016, (212)683-4331. $1; bulk discounts available.

How to Get Unstressed: The Bare Facts. 14 pages. Defines stress; describes how it affects the body. Discusses the difference between good and bad stress and suggests techniques for coping with stress. For sale by the Wisconsin Clearinghouse, University of Wisconsin Hospitals and Clinics, 1954 East Washington Ave. Madison, WI 53704, (608)263-2797. $1; bulk discounts available.

How to Handle Stress: Techniques for Living Well. 28 pages. Defines stress and discusses the stress response, strategies for managing stress, and strategies for living well. The reader can also use this booklet as a workbook to analyze his or her own stress responses. For sale by Public Affairs Pamphlets, 381 Park Ave. South, New York, NY 10016, (212)683-4331. $1; bulk discounts available.

Plain Talk About the Art of Relaxation. 2 pages. Defines relaxation, explains some causes of stress, and suggests ways to relax. Single copy free from the Public Inquiries Section, Science Communication Branch, National Institute of Mental Health, Parklawn Bldg., Room 15C-17, 5600 Fishers Lane, Rockville, MD 20857, (301)443-4513.

Plain Talk About Dealing With the Angry Child. 2 pages. Discusses ways parents can help a child cope with feelings of anger and aggression. Also available in Spanish: Charla franca: como tratar al nino enojado. Single copy free from the Consumer Information Center, Dept. M, Pueblo, CO 81009.

Plain Talk About Handling Stress. 2 pages. Defines stress, explaining how our bodies react to stress and how to handle it. Also available in Spanish: Charla franca: sobre la tension. Single copy free from the Public Inquiries Section, Science Communication Branch, National Institute of Mental Health, Parklawn Bldg., Room 15C-17, 5600 Fishers Lane, Rockville, MD 20857, (301)443-4513.

Pressures on Children. 28 pages. Describes various inner and outer pressures on children, specifically pressures on pre-schoolers, school-age children, and early adolescents. Discusses concerns about drugs. Concludes with suggestions on what can be done to alleviate the pressures. For sale by Public Affairs Pamphlets, 381 Park Ave. South, New York, NY 10016, (212)683-4331. $1; bulk discounts available.

Stress. 96 pages. Presents articles by experts, in lay language, on many aspects of this topic, including stress in childhood, adolescence, and aging; stress at home and on the job; and ways to relax. Contact your local Blue Cross/Blue Shield Association.

Stress and Your Health. 4 pages. Defines stress, explains the different types, and suggests ways to avoid physical and mental problems associated with stress. Lists other sources of information. Single copy free with stamped, self-addressed envelope from the Metropolitan Life Insurance Company, Health and Safety Education Division, One Madison Ave., New York, NY 10012, (212)578-2211.

Tensions and How to Master Them. 28 pages. Describes the adverse effect of tensions in our society, the causes of tension and anxiety, and childhood tensions. Describes ways to control and get rid of tensions. For sale by Public Affairs Pamphlets, 381 Park Ave. South, New York, NY 10016, (212)683-4331. $1; bulk discounts available.

Understanding Stress. 20 pages. Discusses the meaning of stress, our bodies' responses to stress, stress as a disease-causing factor, and ways to protect against the effects of stress. For sale by Public Affairs Pamphlets, 381 Park Ave. South, New York, NY 10016, (212)683-4331. $1; bulk discounts available.

What Everyone Should Know About Stress. 15 pages. Focuses on change as one of the main causes of stress; also discusses anxiety and depression. Suggests ways to cope with and relieve these conditions, as well as where to find outside help. For sale by Channing L. Bete Company, 200 State Rd., South Deerfield, MA 01373, (413)665-7611, (800)628-7733. $.69, minimum order of 25; bulk discounts available.

Prepared by the National Health Information Clearinghouse (NHIC), P.O. Box 1133, Washington, DC 20013-1133. The NHIC is a service of the Office of Disease Prevention and Health Promotion (ODPHP), Public Health Service, U.S. Department of Health and Human Services. Appearance on this list does not signify endorsement by the Department, the ODPHP, or the NHIC. This is a Government publication and is not copyrighted. Duplication is encouraged.

August 1984

WHAT DO YOU KNOW ABOUT STRESS?

This is a four-part test. The first three parts are designed to measure your vulnerability to certain types of stress, and to increase your awareness of stress and how it affects you. The fourth part will give you some idea of how well you cope with stressful situations.

If you have any concerns or questions about your answers to this assessment you may want to discuss them with a qualified counselor, your family physician, or other medical professional. For additional information on stress you may wish to write to National Institute of Mental Health, Public Inquiries Section, Rm. 11-A-19, 5600 Fishers Lane, Rockville, MD 20857.

DEPARTMENT OF HEALTH, EDUCATION, AND WELFARE
Public Health Service

DHEW Publication No. (PHS) 79-50097

STRESS TEST PART ONE

Read and choose the most appropriate answer for each of the 10 questions as it actually pertains to you.

1. **When I can't do something "my way," I simply adjust to do it the easiest way.**
   a) Almost always true, b) Usually true, c) Usually false, d) Almost always false.
2. **I get "upset" when someone in front of me drives slowly.**
   a) Almost always true, b) Usually true, c) Usually false, d) Almost always false.
3. **It bothers me when my plans are dependent upon others.**
   a) Almost always true, b) Usually true, c) Usually false, d) Almost always false.
4. **Whenever possible, I tend to avoid large crowds.**
   a) Almost always true, b) Usually true, c) Usually false, d) Almost always false.
5. **I am uncomfortable having to stand in long lines.**
   a) Almost always true, b) Usually true, c) Usually false, d) Almost always false.
6. **Arguments upset me.**
   a) Almost always true, b) Usually true, c) Usually false, d) Almost always false.
7. **When my plans don't "flow smoothly," I become anxious.**
   a) Almost always true, b) Usually true, c) Usually false, d) Almost always false.
8. **I require a lot of room (space) to live and work in.**
   a) Almost always true, b) Usually true, c) Usually false, d) Almost always false.
9. **When I am busy at some task, I hate to be disturbed.**
   a) Almost always true, b) Usually true, c) Usually false, d) Almost always false.
10. **I believe that "All good things are worth waiting for."**
    a) Almost always true, b) Usually true, c) Usually false, d) Almost always false.

To Score: 1 and 10 a = 1 pt., b = 2 pts, c = 3 pts, d = 4 pts.
2 9 a = 4 pts, b = 3 pts, c = 2 pts, d = 1 pt.

This test measures your vulnerability to stress from being "frustrated," i.e., inhibited. Scores in excess of 25 seem to suggest some vulnerability to this source of stress.

STRESS TEST PART TWO

Circle the letter of the response option that best answers the following 10 questions.

How often do you. . .

1. **Find yourself with insufficient time to complete your work?**
   a) Almost always, b) Very often, c) Seldom, d) Never
2. **Find yourself becoming confused and unable to think clearly because too many things are happening at once?**
   a) Almost always, b) Very often, c) Seldom, d) Never
3. **Wish you had help to get everything done?**
   a) Almost always, b) Very often, c) Seldom, d) Never
4. **Feel your boss/professor simply expects too much from you?**
   a) Almost always, b) Very often, c) Seldom, d) Never
5. **Feel your family/friends expect too much from you?**
   a) Almost always, b) Very often, c) Seldom, d) Never
6. **Find your work infringing upon your leisure hours?**
   a) Almost always, b) Very often, c) Seldom, d) Never
7. **Find yourself doing extra work to set an example to those around you?**
   a) Almost always, b) Very often, c) Seldom, d) Never
8. **Find yourself doing extra work to impress your superiors?**
   a) Almost always, b) Very often, c) Seldom, d) Never
9. **Have to skip a meal so that you can get work completed?**
   a) Almost always, b) Very often, c) Seldom, d) Never
10. **Feel that you have too much responsibility?**
    a) Amost always, b) Very often, c) Seldom, d) Never

To Score a = 4 pts, b = 3 pts, c = 2 pts, d = 1 pt **Total up your score for this exercise.**

This test measures your vulnerability to "overload" i.e., having too much to do. Scores in excess of 25 seem to indicate vulnerability to this source of stress.

STRESS TEST PART THREE

Answer all questions as is generally true for you.

1. **I hate to wait in lines.**
   a) Amost always true, b) Usually true, c) Seldom true, d) Never true
2. **I often find myself "racing" against the clock to save time.**
   a) Almost always true, b) Usually true, c) Seldom true, d) Never true
3. **I become upset if I think something is taking too long.**
   a) Almost always true, b) Usually true, c) Seldom true, d) Never true
4. **When under pressure I tend to lose my temper.**
   a) Almost always true, b) Usually true, c) Seldom true, d) Never true
5. **My friends tell me that I tend to get irritated easily.**
   a) Almost always true, b) Usually true, c) Seldom true, d) Never true
6. **I seldom like to do anything unless I can make it competitive.**
   a) Almost always true, b) Usually true, c) Seldom true, d) Never true
7. **When something needs to be done, I'm the first to begin even though the details may still need to be worked out.**
   a) Almost always true, b) Usually true, c) Seldom true, d) Never true
8. **When I make a mistake it is usually because I've rushed into something without giving it enough thought and planning.**
   a) Almost always true, b) Usually true, c) Seldom true, d) Never true
9. **Whenever possible I will try to do two things at once, like eating while working, or planning while driving or bathing.**
   a) Almost always true, b) Usually true, c) Seldom true, d) Never true
10. **When I go on a vacation, I usually take some work along just in case I get a chance.**
    a) Almost always true, b) Usually true, c) Seldom true, d) Never true

To Score: a = 4 pts., b = 3 pts., c = 2 pts., d = 1 pt

This test measures the presence of compulsive, time urgent, and excessively aggressive behavioral traits. Scores in excess of 25 suggest the presence of one or more of these traits.

Stress test parts one through three are taken from CONTROLLING STRESS AND TENSION: A Holistic Approach, by Daniel Dirdano and George Everly. A forthcoming Prentice-Hall, Inc. text. Reprinted by permission of Prentice-Hall, Inc., Englewood Cliffs, New Jersey.

STRESS TEST PART FOUR

How do you cope with the stress in your life? There are numerous ways—some are more effective than others; yet some coping strategies may actually be as harmful as the stress they are used to alleviate. This scale was created largely on the basis of results compiled by clinicians and researchers who sought to identify how individuals effectively cope with stress. This scale is an educational tool, not a clinical instrument. Therefore, its purpose is to inform you, the reader, of ways in which you can effectively and healthfully cope with the stress in your life, while at the same time, through a point system, give you some indication of the relative desirability of the coping strategies you are currently using.

Simply follow the instructions given for each of the 14 items listed below. When you have completed all of the items, total your points and place that score in the box provided.

____ 1. Give yourself 10 points if you feel that you have a supportive family around you.

____ 2. Give yourself 10 points if you actively pursue a hobby.

____ 3. Give yourself 10 points if you belong to some social or activity group that meets at least once a month (other than your family).

____ 4. Give yourself 15 points if you are within five pounds of your "ideal" bodyweight, considering your height and bone structure.

____ 5. Give yourself 15 points if you practice some form of "deep relaxation" at least three times a week. Deep relaxation exercises include meditation, imagery, Yoga, etc.

____ 6. Give yourself 5 points for each time you exercise thirty minutes or longer during the course of an average week.

____ 7. Give yourself 5 points for each nutritionally balanced and wholesome meal you consume during the course of an average day.

____ 8. Give yourself 5 points if you do something that you really enjoy which is "just for you" during the course of an average week.

____ 9. Give yourself 10 points if you have some place in your home that you can go in order to relax and/or be by yourself.

____ 10. Give yourself 10 points if you practice time management techniques in your daily life.

____ 11. Subtract 10 points for each pack of cigarettes you smoke during the course of an average day.

____ 12. Subtract 5 points for each evening during the course of an average week that you take any form of medication or chemical substance (including alcohol) to help you sleep.

____ 13. Subtract 10 points for each day during the course of an average week that you consume any form of medication or chemical substance (including alcohol) to reduce your anxiety or just calm you down.

____ 14. Subtract 5 points for each evening during the course of an average week that you bring work home; work that was meant to be done at your place of employment.

☐ NOW CALCULATE YOUR TOTAL SCORE AND PLACE IT IN THE BOX ON THE LEFT. A "PERFECT" SCORE WOULD BE 115 POINTS. IF YOU SCORED IN THE 50 - 60 RANGE YOU PROBABLY HAVE AN ADEQUATE COLLECTION OF COPING STRATEGIES FOR MOST COMMON SOURCES OF STRESS. HOWEVER, YOU SHOULD KEEP IN MIND THAT THE HIGHER YOUR SCORE THE GREATER YOUR ABILITY TO COPE WITH STRESS IN AN EFFECTIVE AND HEALTHFUL MANNER.

This stress assessment test
was created by
Dr. George S. Everly, Jr.
University of Maryland

Publications Order Form

Name ____________________

Organization ____________________

Position in Organization ____________________

Street Address ____________________

City ____________ State ________ Zip ________

NCALI
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A service of the National Institute on Alcohol Abuse and Alcoholism

The National Clearinghouse for Alcohol Information (NCALI) distributes alcohol-related pamphlets, books, posters and other materials published by the National Institute on Alcohol Abuse and Alcoholism. Single copies of the publications listed below are available free of charge from the Clearinghouse. If you would like to receive a copy of any of these publications, check on the line next to the title. If you are interested in more information on other Clearinghouse services, simply write a letter detailing your request. We will be pleased to take care of your further alcohol information needs.

YOUTH

______ BK91 A GUIDEBOOK FOR PLANNING ALCOHOL PREVENTION PROGRAMS WITH BLACK YOUTH. (1981) Presents ideas on starting programs to prevent alcohol abuse among black youth includining mobilizing interested groups, getting multiple agency support through networking, finding out what youth/alcohol issues are of concern to the individual community, writing a grant proposal, getting funding support, and involving youth as partners in the programs. 130 pp.

______ BK113 PREVENTION PLUS: INVOLVING SCHOOLS, PARENTS, AND THE COMMUNITY IN ALCOHOL AND DRUG EDUCATION. (1981) Comprehensive resource guide on preventing alcohol and drug abuse among youth. Describes in detail the operation of programs which have proven successful at the local level. 324 pp.

______ BK117 THE SECRETARY'S CONFERENCE FOR YOUTH ON DRINKING AND DRIVING. (1983) Describes the planning and the conduct of the March 26-28, 1983 conference which was a component of the Fall 1982 U.S. Department of Health and Human Services Initiative on Teenage Alcohol Abuse. 152 pp.

______ BK121 SECRETARIAL INITIATIVE ON TEENAGE ALCOHOL ABUSE - REPORT ON THE YOUTH TREATMENT CONFERENCES. (1984) Documents Youth Alcohol Treatment Conferences component of the 1982 U.S. Department of Health and Human Services Initiative on Teenage Alcohol Abuse. Includes general information about the initiative as well as the planning and conduct of the conferences. 56 pp.

______ BK122 REPORT OF THE 1984 NATIONAL CONFERENCE FOR YOUTH ON DRINKING AND DRIVING. (1984) Provides background and general information on the conference in addition to statistics on alcohol use and abuse by youth. 160 pp.

______MS229 **READING LIST: ALCOHOL PROBLEMS AND YOUTH.** (1985) This annotated list of current publications and materials has been selected to aid the pre-teen and teenage reader who is interested in obtaining information on the topic of alcohol problems and youth.

______MS269 **SPECIAL REPORT: THE SECRETARY'S CONFERENCE FOR YOUTH ON DRINKING AND DRIVING.** (1983) Describes conference held March 26-28, 1983 in Chevy Chase, MD. ADAMHA News Supplement. 2 pp.

______MS270 **FOR TEENAGERS ONLY: HOW DO YOU SAY "NO" TO A DRINK.** Lists practical suggestions on how to refuse a drink. 1 p.

______MS273 **HIGH RISK YOUTH.** Suggests ways of identifying youth who are most susceptible to alcohol problems. 1 p.

______MS275 **QUESTIONS AND ANSWERS ABOUT TEENAGE ALCOHOL ABUSE.** Presents information on teenage alcohol use and abuse in question and answer format. 2 pp.

______PH95 **IS BEER A FOUR LETTER WORD?** (1978) Contains project ideas, materials, suggestions, and alcohol education concepts from many sources across the country. Purpose is to interest young people in alcohol-related issues which affect them, and to encourage them to initiate alcohol abuse prevention projects. 60 pp.

______PH207 **PREVENTING ALCOHOL PROBLEMS THROUGH A STUDENT ASSISTANCE PROGRAM: A MANUAL FOR IMPLEMENTATION BASED ON THE WESTCHESTER COUNTY, NEW YORK, MODEL.** (1984) Outlines methods for a high school or junior high school to use to implement a student assistance program. 80 pp.

______RP0426 **THEMATIC SECTION: TREATMENT SERVICES FOR YOUTH.** (1983) Highlights the following topics: a comprehensive treatment model, successful programs, Federal efforts addressing youth, and the genetic aspect of alcoholism that put certain youngsters at high risk for alcohol problems. 66 pp.

______RP0518 **WHY EDDIE MURPHY WON'T DO DRUGS.** (1985) Contains an interview with Eddie Murphy reprinted from Parade Magazine. 2 pp.

______SP402 **FACTS FOR PLANNING: 1-8 YOUTH AND ALCOHOL.** (1981-1983) Presents major research findings on the extent and nature of alcohol use among the Nation's senior high school students (10th to 12th grades) and explores the implications of these findings for the development of alcohol programs and policies relative to youth. 72 pp.

Publications Order Form

Name ____________________

Organization ____________________

Position in Organization ____________________

Street Address ____________________

City ____________________ State __________ Zip __________

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PUBLICATIONS

_____ PH73 ALCOHOL ABUSE AND WOMEN: A GUIDE TO GETTING HELP. (1980) Discusses reasons for alcohol problems among women, how to recognize alcoholism in self or friends and types of treatment available. 26 pp.

_____ PH90 ALCOHOL AND YOUR UNBORN BABY. (1978) Describes the risks and potential effects of drinking on the unborn baby. 14 pp.

_____ PH95 IS BEER A FOUR LETTER WORD? (1980) Contains project ideas, materials, suggestions, and alcohol education concepts from many sources across the country. Purpose is to interest young people in alcohol-related issues which affect them, and to encourage them to initiate alcohol abuse prevention projects. 60 pp.

_____ PH108 TREATING ALCOHOLISM: THE ILLNESS, THE SYMPTOMS, THE TREATMENT. (1978) Discusses causes and symptoms of alcoholism and its effect on the body along with types of therapies and treatment facilities. National organizations and other sources for additional information are named. 16 pp.

_____ PH116 UNAMOS NUESTROS ESFUERZOS ... EL ALCOHOLISMO ES UN PROBLEMA DE TODA LA FAMILIA. (1980) Bilingual publication. Discusses alcoholism as a family problem, explains alcoholism, warning signs, how to assist a family member, and where to go for assistance. 16 pp.

_____ PH182 FOR WOMEN WHO DRINK. (1985) Includes information on finding treatment for women who think they may have an alcohol problem. 13 pp.

____RP0092 FACING UP TO ALCOHOLISM. (1981) Details the recovery process for persons who may have developed a drinking problem. 11 pp.

____RP0104 SOMEONE CLOSE DRINKS TOO MUCH. (1984) Suggests how a person can play a key role in the turnabout, treatment, and recovery of "someone close" with an alcohol problem. 15 pp.

____RP0106 FACTS ABOUT ALCOHOL. (1984) Consists of concise updated information about alcoholism and the problems associated with its use. 1 p.

____MS219 AN INTRODUCTION TO THE NATIONAL CLEARINGHOUSE FOR ALCOHOL INFORMATION. (1985) Describes Clearinghouse services. 4 pp.

____MS235 READING LIST: GENERAL ALCOHOL AND ALCOHOLISM. See under Reading Lists.

____MS260 STATE AND TERRITORIAL ALCOHOLISM PROGRAM DIRECTORS. (1985) Lists names and addresses by State. 4 pp.

____MS264 RESOURCE LIST FOR INFORMATION ON ALCOHOL-RELATED AUDIOVISUALS. (1985) Contains annotations of audiovisuals currently available on alcohol abuse and alcoholism. 21 pp.

____MS299 FACT SHEET ON ALCOHOL TOPICS. TREATMENT FOR ALCOHOL PROBLEMS: HOW TO FIND HELP. (1985) Provides referral information on local, State, and national resources that address specific treatment needs. 2 pp.

____BK113 PREVENTION PLUS: INVOLVING SCHOOLS, PARENTS, AND THE COMMUNITY IN ALCOHOL AND DRUG EDUCATION. (1981) Comprehensive resource guide on preventing alcohol and drug abuse among youth. Describes in detail the operation of programs which have proven successful at the local level. 324 pp.

____ENCAS7601 ITS DANGEROUS TO MIX ALCOHOL AND DRUGS. (1982) Explains the effects of dangerous interactions. 2 pp.

POSTERS

____AV88.6 THE TYPICAL ALCOHOLIC AMERICAN. Conveys message that alcohol problems are not limited to any one type of individual, class, or group of people. 14" x 17", color.

____AV88.7 DRINKING A LOT DOESN'T MAKE YOU.... Conveys the message that there are no good reasons for drinking a lot. 14" X 17", color.

____AV161 AN INNER VOICE. Promotes abstinence during pregnancy. Message targeted to Native Americans but useful for all audiences. 31" x 19", color.

____AV163 GREAT DRINK REFUSAL #21. Saying "no thanks" to a drink is the message of this general audience poster. 17" x 22".

**NEW PUBLICATIONS

NATIONAL CLEARINGHOUSE FOR DRUG ABUSE INFORMATION

PUBLICATIONS LISTING

DECEMBER 1985 - JANUARY 1986

Single copies of these publications are available at no cost and may be obtained by writing to:

NCDAI
P.O. Box 416
Kensington, Maryland 20795

Please allow 3 to 4 weeks for delivery.

PREVENTION/EDUCATION MATERIALS

GENERAL INFORMATION

Adolescent Peer Pressure: Theory, Correlates, and Program Implications for Drug Abuse Prevention
Channel One - A Government/Private Sector Partnership for Drug Abuse Prevention
**Cocaine Addiction - It Costs Too Much
Come Closer Around the Fire
Drug Information Flyer Series (In English): Hallucinogens and PCP; Inhalants; Marijuana; Opiates; Sedative-Hypnotics; Stimulants and Cocaine (May be ordered as a set or individually.)
Drug Information Flyer Series (In Spanish) May be ordered only as a set
Drugs and Driving: Why Take the Risk?
Elder-Ed: Using Your Medicines Wisely
For Parents Only: What You Need to Know about Marijuana
Soozie and Katy Team Up for Your Good Health
Teens in Action - Creating a Drug-Free Future for America's Youth
Teens in Action - Creating a Drug-Free Future for America's Youth (Flyer)

THIS LIST MAY BE USED AS AN ORDER FORM (Please see last page.)

PREVENTION NETWORKS

Multicultural Perspectives in Drug Abuse Prevention, Winter 1984-85

POSTERS

Head of the Class
It's A Fact - Pot Hurts!
Just Say No (English)
Just Say No (Spanish)
School Daze

REPORT SERIES

British Narcotic System, Series 13
Child Care Provisions in Drug Treatment Programs, Series 43
Inhalants, The Deliberate Inhalation of Volatile Substances, Series 30, No. 2
Naltrexone, Series 38
Self-Sufficiency through Third Party Reimbursements, Series 41, No. 1
Third Party Reimbursement, Series 35 (Issue F)

SCIENTIFIC/TECHNICAL MATERIALS

RESEARCH ISSUES SERIES

A series which includes abstracts of research studies, one bibliography, and two essays on current issues of interest to the drug research community.

Issue 7, Drugs and Addict Lifestyles
Issue 18, Drug Users and the Criminal Justice System
Issue 19, Drugs and Psychopathology
Issue 22, Research Issues Update, 1978
Issue 25, Use and Abuse of Amphetamine and Its Substitutes
Issue 26, Guide to Drug Research Terminology
Issue 27, Guide to Drug Research Literature
Issue 29, Drugs and the Family
Issue 30, Public Health Issues and Drug Abuse Research
Issue 33, Drug Abuse Prevention Research
Issue 34, Correlates and Consequences of Marijuana Use

RESEARCH MONOGRAPH SERIES

A series which provides critical reviews of current research problem areas and techniques, state-of-the-art conferences, integrative research reviews, and significant original research.

Monograph 4, Narcotic Antagonists: The Search for Long-Acting Preparations
Monograph 15, Review of Inhalants: Euphoria to Dysfunction
Monograph 20, Self-Administration of Abused Substances: Methods for Study
Monograph 21, Phencyclidine (PCP) Abuse: An Appraisal
Monograph 25, Behavioral Analysis and Treatment of Substance Abuse
Monograph 26, The Behavioral Aspects of Smoking
Monograph 31, Marijuana Research Findings, 1980
Monograph 32, GC/MS Assays for Abused Drugs in Body Fluids
Monograph 33, Benzodiazepines: A Review of Research Results, 1980
Monograph 35, Demographic Trends and Drug Abuse, 1980-1995
Monograph 36, New Approaches to Treatment of Chronic Pain: A Review of Multidisciplinary Pain Clinics and Pain Centers
Monograph 38, Drug Abuse and the American Adolescent
Monograph 39, Young Men and Drugs in Manhattan: A Causal Analysis
Monograph 42, The Analysis of Cannabinoids in Biological Fluids
Monograph 44, Marijuana Effects on the Endocrine and Reproductive Systems
Monograph 45, Contemporary Research in Pain and Analgesia - 1983
Monograph 47, Preventing Adolescent Drug Abuse: Intervention Strategies

RESEARCH MONOGRAPH SERIES (Continued)

Monograph 48, Measurement in the Analysis and Treatment of Smoking Behavior
Monograph 50, Cocaine: Pharmacology, Effects, and Treatment of Abuse
Monograph 52, Testing Drugs for Physical Dependence Potential and Abuse Liability
Monograph 53, Pharmacological Adjuncts in Smoking Cessation
Monograph 55, Problems of Drug Dependence, 1984
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